



# APG NEWS

Published in the interest of the people of Aberdeen Proving Ground, Maryland

www.TeamAPG.com

THURSDAY, AUGUST 25, 2016

Vol. 60, No. 34

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## newsbrief

### INSTALLATION TOWN HALL, SOCIAL SET FOR AUG 30

Team APG will host an Installation Town Hall at the APG North (Aberdeen) recreation center starting at 3 p.m. Open to Soldiers, civilians, contractors and family members, the town hall will cover service provider updates, installation priorities and other items of pertinence to the entire community.

Questions for the commander may be submitted in advance by emailing Lisa McClure at [lisa.a.mcclure9.civ@mail.mil](mailto:lisa.a.mcclure9.civ@mail.mil).

Immediately following the town hall will be the monthly Installation Social at the APG North recreation center, starting at approximately 4 p.m. Free hors d'oeuvres and a cash bar will be open to all Team APG personnel.



## online

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Photo by Angel Martinez-Navedo, 20th CBRNE Command  
Sgt. 1st Class Travis Griffith, with the Army Evaluation Center, smiles as a group of military children apply camouflage paint to his face during Operation Purple Camp at Elk Neck State Park in North East, Maryland Aug. 16.

## Calling all battle buddies *Team APG supports local camp for military kids*

Story by **LAUREN FINNEGAN** and **RACHEL PONDER**  
APG News

From morning exercises and proper camouflage application, to preparing Meals Ready to Eat and learning Army cadences, 100 military children attending Operation Purple Camp at Elk Neck State Park dove headfirst into "Military Experience Day," Aug. 16, with the help of volunteer battle

buddies from Team APG and the Maryland National Guard.

Sponsored by the National Military Family Association, Operation Purple Camps across the nation give military children a free week of summer camp. The program at Elk Neck State Park in Cecil County, Maryland, was hosted by NorthBay Adventure Camp, Aug. 14-19.

Team APG Soldiers and civilians took

pause from normal mission activities to support the children of U.S. service members and provide a Military Experience Day to remember.

Units set up interactive stations, allowing children to experience different aspects of military training. Additional Soldiers served as cadre, spending the entire day

**See OPERATION, page A7**

## Fresh food changes at Top of the Bay

By **LAUREN FINNEGAN**  
APG News

Top of the Bay, the premier catering and lunch facility located at Aberdeen Proving Ground, is well-known for captivating views of the Chesapeake Bay, visible through floor to ceiling windows in its main ballroom. Most people, however, are probably unaware of the behind-the-scenes changes that have taken place under the leadership of Le Cordon Bleu-trained Head Chef, Michael Artus-Cooper.

Since coming to APG three years ago, Artus-Cooper has been moving the Top of the Bay "back to the basic roots of the culi-

nary world," giving special attention to making items from scratch, whenever possible, from fresh rolls to handmade desserts.

Artus-Cooper said the venue works with local farmers from Harford and Cecil counties to get "beautiful, fresh, in season produce" to their customers, and to support the community.

**See FRESH, page A6**

Head Chef Michael Artus-Cooper adds an egg to the batter of homemade rolls that are offered during lunch, Tuesday through Thursday, from 11 a.m. to 3 p.m., in the Top of the Bay main ballroom.



### MTA asks for feedback on Baltimore/APG commuter bus

A community member delivers a testimony about the proposed commuter bus route from Baltimore to Aberdeen Proving Ground during a public hearing hosted by the Maryland Transit Administration on APG North (Aberdeen), Aug. 19.

According to Glenn Saffran, MTA deputy director for MARC and commuter buses, the new bus route, is scheduled to start in early October depending on feedback from the public. Written testimonies will be accepted through Sept. 21 via mail or email at [commuterbus@mta.maryland.gov](mailto:commuterbus@mta.maryland.gov).

Photo by Amanda Rominiecki, USAG APG

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STREET TALK

What’s special about being a military child?

This question was asked during Operation Purple Camp, a summer camp for military children at Elk Neck State Park in Cecil County Aug.14-19. Read about Operation Purple on pages A1 and A7.

I am proud of my dad, because he is helping to make the world a better place. I get to move every two years and have new experiences and make new friends. I like doing that because I am so talkative.



McKenna Bishop, 12  
Army child

My dad inspires me to do good things and I get to come here [Operation Purple Camp] and experience things that other kids don’t get to do.



Chloe Brusich, 11  
Coast Guard child

I have a connection with other military children, because we share the same experiences. It is great that we can talk to each other about that.



Sam Aguayo, 11  
Army child

You get more things, like free access passes at museums.



Markis Bean, 10  
Air Force child

You have to keep the house together when your mom or dad is deployed. It is kind of hard sometimes, but you learn responsibility, because you have to take their place.



Joshua Toribio, 12  
Navy child

Commander’s Corner

Women’s Equality Day

Forty-five years ago, the federal government passed legislation officially designating Aug. 26 as Women’s Equality Day. For on this significant day in 1920, after years of struggling to break down the barriers that stood between them and the ballot box, American women won the right to vote and the 19th Amendment was officially added to the U.S. Constitution. It is this Constitution that we, as members of the most trusted profession, have sworn to preserve, protect, and defend.

Observing this annual event and supporting policies that help women thrive and succeed, demonstrates our commitment to the belief that *all* Americans are entitled to equal treatment under the law.

Our Army remains at the forefront of being a global leader in workforce equality. As we shape our future force, we strive to ensure that women, as well as men, are given every available opportunity to maximize their potential and are positioned for success.

The Army not only recognizes the significance of women’s contributions to our Army and society but also the value of fostering and sustaining a diverse and inclusive force. From the boardrooms to the battlefields and everywhere in between, women are vital to the prosperity and security of our country.

Join me as we take pause and celebrate today to recognize the multitude of women serving in today’s Army; as Soldiers, Army civilians and family members– all critical

From the boardrooms to the battlefields and everywhere in between, women are vital to the prosperity and security of our country.



members of our Army team. Thank you again for all your hard work, dedication and support. Trusted Professionals Always, Army Strong!

MAJ. GEN. BRUCE T. CRAWFORD  
APG Senior Commander

ASAP gears up for suicide awareness month

By YVONNE JOHNSON  
APG News

With National Suicide Awareness Prevention Month approaching in September, the Army Substance Abuse Program is gearing up to alert the members of Team APG about the importance of awareness and reinforce the Army edict that “one suicide is one too many.”

Army leaders are leading the way and are counting on awareness efforts Army-wide to prevent a repeat of the summer of 2015 that saw a 68 percent increase in suicides. In open emails to the troops Gen. Dan Allyn, Army Vice Chief of Staff and Command Sgt. Maj. of the Army Daniel A. Dailey reiterate the Army stance. Allyn encourages leaders to emphasize three points:

- Every Soldier is a valued member of a team.
  - Battle buddies have a duty and obligation to build connections, build trust and take action.
  - Be aware of stressors and signs of depression, anxiety, mood changes and other indicators that someone might be contemplating suicide.
- “I encourage you to promote strong Soldier attributes: social cohesion, clear identity/purpose, a sense of being a valued teammate in a culture of trust, clear goals and good health,” Allyn wrote.

Dailey added that the noncommissioned officer corps is “responsible for enhancing personnel readiness and building unit cohesion.”

“As a trusted and engaged leader of our most precious asset, our Soldiers and their families, you have a duty and obligation to be vigilant, to be involved to a degree that understands what stressors your Soldiers may be facing, and to be empowered to take action,” he wrote.

ASAP Suicide Prevention Program Manager Lamont Coger is promoting the 2016 theme, #BeThere.

“This means, be there there for your buddy, be there for your family, be there for yourself,” Coger said, adding that plans are in motion to present awareness events throughout September.

Much of it will count toward annual required training, he said. They include Ask, Care, Escort, QPR [Question, Persuade, Refer] sessions – one-hour sessions for Suicide Prevention Gatekeepers, tasked with recognizing suicide crisis and gaining familiarity with community resources. Various displays, and unit and organization training will round out the awareness activities. In addition, an ASIST T4T, or Training For Teachers session, focusing on Applied Suicide Intervention Training Skill, will be held Sept. 26-30.



Check the APG News and APG social media outlets for more information.

Coger said command emphasis could not be higher for this important issue, noting that the program has the full backing of APG Senior Commander Maj. Gen. Bruce T. Crawford and Garrison Commander Col. James E. Davis. In addition, ASAP efforts are being backed by local resources in the community like the Harford County Health Department which is sponsoring the 2016 Healthy Harford Day set for 9 a.m. to 1 p.m., Saturday, Sept. 24 at 119 South Hays Street in Bel Air. Visit [www.healthyharford.org](http://www.healthyharford.org) for more information.

“It’s all about getting the word out that there are resources and help available to every member of this community; Soldiers, civilians and family members,” Coger said. “Working together with all available resources, we can offer hope and stop suicide in its tracks.”

For more information, contact Coger at [lamont.a.coger.civ@mail.mil](mailto:lamont.a.coger.civ@mail.mil).

See Something

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Provided by the INTEL DIV/DPTMS

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- Unusual contacts on or off post.
- Unusual aerial activity near or around installation.
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Deadline for copy is Thursday at noon for the following Thursday's paper.

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School supplies donated by members of the Army Contracting Command – Aberdeen Proving Ground are presented to the Vice Chair of Operations for the Greater Excellence in Education Foundation, Terry Troy (center). The supplies were donated by members of ACC-APG as a community service project.

# Contracting team donates school supplies

Story and photos by **BETSY KOZAK-HOWARD**  
ACC-APG

Members of the Army Contracting Command – Aberdeen Proving Ground did their part to ensure students of Harford County Public Schools in Maryland have school supplies to begin the upcoming school year. The 926th Contracting Battalion, Tenant Division and Division C conducted a “Tools for Schools” drive in support of the Greater Excellence in Education Foundation, or GEEF.

“Tools for Schools is a school supply resource center where teachers can shop for free for learning materials to support students in need,” said Debora Merlock, GEEF president and founder. “The contributions received from ACC-APG will contribute to our central resource center and help to ensure every child has school supplies necessary for quality learning.”

Master Sgt. Kayann Brown, contract specialist, organized the event for ACC-APG and established drop box locations to collect needed school supplies. Each box had a list of suggested donation items.

“The Tools for Schools drive went well,” Brown said. “We collected a lot and filled two large boxes with school supplies. I extend my thanks to those who contributed and I’m sure the teachers and students of Harford County will be grateful for the supplies they receive.”

Soldiers of the 926th Contracting Battalion pack school supplies for transport to the Tools for Schools resource center operated by the Greater Excellence in Education Foundation. Army Contracting Command-APG held a school supply drive to support the students and teachers of Harford County.



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# ATEC resiliency training tackles counterproductive thoughts

Story and photos by **COURTNEY GILBERT**  
*ATEC*

The U.S. Army Test and Evaluation Command, or ATEC, Ready and Resilient Campaign program challenged the workforce to get rid of self-doubt during a resiliency training session about Real-Time Resiliency, or RTR, at the Aberdeen Test Center, July 28.

In support of the Army R2 initiative, ATEC’s R2 program establishes long lasting cultural change that builds, strengthens, and maintains the Soldier and civilian workforce. Through monthly resilience training sessions, ATEC master resilience trainers teach life skills that help individuals learn how to rebound from tough times and become more mentally, emotionally, and spiritually stable.

Master Resiliency Trainer, Sgt. 1st Class Travis Griffith, taught the RTR skill to help the workforce overcome negative thoughts as soon as they occur so they can successfully stay on task.

“The skill involves three methods: proving your negative thoughts false with evidence; thinking optimistically; and putting the situation into perspective,” Griffith said. “Successfully implementing this skill helps build optimism that will help with remaining task-focused and staying motivated to complete that task.”

Griffith shared several personal examples to demonstrate how quickly counterproductive thoughts can come to mind and how to implement all three methods.

“Normally, as I’m preparing to teach a resiliency course, that’s when counterproductive thoughts tend to pop into my head, and they come quick,” Griffith explained. “You have to be able to get these thoughts out of your head just as quickly as you’re thinking them.”

In his example, Griffith addressed the negative thought of him not being prepared to teach the course by using the evidence method. By recalling the evidence of the time he had spent preparing to teach the class, this evidence canceled the negative thought and he was able to teach the course effectively.



**Master Resiliency Trainer Sgt. 1st Class Travis Griffith delivers a resiliency training session on the real time resiliency skill at the Aberdeen Test Center Jul. 28. The training was part of the U.S. Army Test and Evaluation Command Ready and Resilient Campaign program.**

Although Griffith explained that RTR can be successfully implemented with time and practice, he warned the workforce against using weak and pitfall responses when using this skill to combat counterproductive thoughts.

According to Griffith, weak responses are unclear and lack solid data but can be strengthened by adding more information to the response.

“The pitfall responses consist of dismissing the grain of truth; minimizing the situation; and rationalizing or excusing one’s contribution to a problem,” Griffith said.

He explained that pitfalls keep us from challenging counterproductive thoughts, and encouraged the audience to use a “gut check”, or intuition, to determine whether or not you’re falling into a pitfall.

“If we’re using Real-Time Resiliency, and we can feel our emotions or feelings about the situation changing, then you know it’s working,” Griffith said. “If you still feel the same way going into the situation, then you probably did something wrong and you need to continue practicing the skill.”

Col. Terry Love, a participant in the session, expressed his thoughts on the RTR training.



**Three Soldiers engage in discussion during a real time resiliency practical exercise at the Aberdeen Test Center Jul. 28.**

“What I got out of this session was that resiliency is something you use on the job, on the road, and at home with your family,” said Love. “I think this skill is applicable not just in the workplace, but it’s something you should practice all day-every day because there are a lot of stressors out there that we all go through.”

The next resiliency session on RTR will be held at ATEC headquarters on Aug. 25 at 1 p.m.

For more information about ATEC’s Ready and Resilient Campaign, visit <http://www.atec.army.mil/r2c>. To learn more about the Army’s Ready and Resilient Campaign, visit [www.army.mil/readyandresilient](http://www.army.mil/readyandresilient).

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# All Things Maryland

## Crystal Grottoes Caverns

Maryland’s only public cave a cool summer escape

Story and photo by **RACHEL PONDER**  
*APG News*

Discover the natural beauty of Crystal Grottoes Caverns, Maryland’s only public cave, located in Washington County near Antietam National Battlefield.

During the 30 to 45-minute scenic tour through Crystal Grottoes Caverns, guides share the historical and the geological features of the cave, while pointing out formations that that resemble people, animals and inanimate objects.

One highlight of the tour is the spacious “Blanket Room.” At 30 feet tall and 20 feet wide, the “Blanket Room” is largest room in the caverns, with numerous formations. Visitors also enjoy taking a glimpse at the “Lake Room” which features a small pool fed by water dripping from the ceiling.

During or after the tour, visitors are welcome to ask questions about the cave, said Crystal Grottoes Caverns owner Jerry Downs.

The most popular time to tour, he said, is in July and August. At 54 degrees Fahrenheit year-round, the cave provides a natural escape from the summer heat. About 20,000 people tour the cave each year.

“When it is hot outside, it is cool in the cave,” he said.

Crystal Grottoes Caverns has been in the Downs family for three generations. According to Downs, very little about the cave has changed since it was discovered in 1920, when road workers were quarrying for limestone. It officially opened to the public in 1922.

### Geology of Crystal Grottoes Caverns

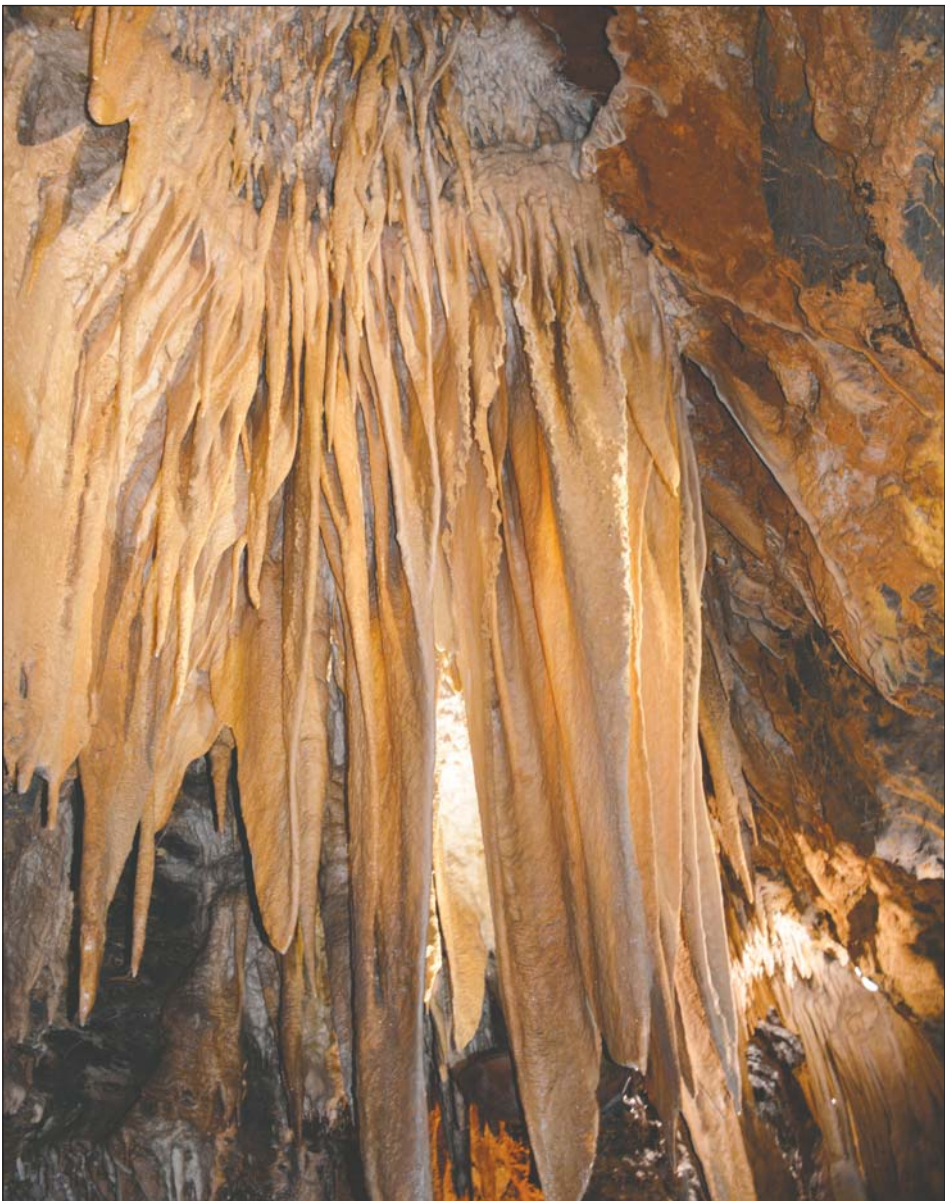
According to Downs, the caverns were formed by groundwater that dissolved through limestone rock at a rate of 10 feet per year. Crystal Grottoes is classified as a “solutional cave,” a type of cave formed by soluble rock, or rocks that easily dissolve.

Over time, groundwater can deposit calcium carbonate in limestone caves, which results in speleothem, commonly known as cave formations. These formations take thousands of years to develop, he said.

Common cave formations are stalagmites, stalactites and columns. A stalagmite is a formation that rises from the cave floor. A stalactite is a formation that hangs from the cave ceiling. Columns are formed when stalagmites and stalactites merge together.

Crystal Grottoes Caverns is located at 19821 Shepherdstown Pike, Boonsboro, Maryland, about an hour and 45 minutes from APG North (Aberdeen). Hours of operation are 10 a.m. to 5 p.m. daily, from April 1 to Nov. 30; and 11 a.m. to 4 p.m. on weekends from Dec. 1 to March 31. Tickets are \$20 for adults; \$10 for children ages 11 and younger, cash only. Group discounts are available by reservation. For more information visit <http://www.crystalgrottoescaverns.com/> or call 240-217-7623.

**Draperies, a cave formation, is thin, wavy sheets of calcium carbonite hanging downward.**



## Back in session: getting students to school safely

*Army Combat/Readiness Safety Center*

Maryland children, youth and teens head back to school this week. School days bring congestion. With yellow school buses and students walking or riding bicycles to and from school, now is an important time for drivers to slow down and pay attention—especially before and after school. Use this list to help ensure students’ safe journeys to and from school.

### Riding the school bus

When the bus arrives, wait for it to come to a full stop before approaching it from the curb. Be sure to remain in clear view of the bus driver when crossing the street in front of the bus. Visually check for moving traffic when crossing the street in front of the bus.

When riding the bus, remain seated while the bus is in motion. If the school bus has lap/shoulder belts, encourage your child to use one at all times.

### In the car

All passengers should wear seat belts and/or an age-and-size-appropriate car safety or booster seat.

- Children should ride in car safety seats with harnesses as long as possible and then ride in belt-positioning booster seats.

- Children should ride in belt-positioning booster seats until the vehicle’s seat belt fits properly — usually when they are about 4-foot, 9-inches tall and 8-12 years old.



- Children younger than 13 should ride in the rear seat of vehicles. If riding in the front seat is unavoidable, move the seat as far back as possible and place the child in a booster seat if seat belts do not fit properly.

### Walking to school

Make sure your child’s walk to school is a safe route with well-trained adult crossing guards at every intersection. Be realistic about your child’s pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider if you child is ready to walk to school without

adult supervision. Bright-colored clothing will make your child more visible to drivers

### Dropping off at school

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of everyone. More children are hit by cars near schools than at any other location, according to the National Safe Routes to School program. The following apply to all school zones:

- Don’t double park; this blocks visibility for other children and vehicles.
- Don’t load or unload children across

the street from the school; passengers should enter or leave the vehicle as close to the entrance as possible.

- Carpool to reduce the volume of traffic around the school.

### Share the road with buses

- While driving behind a school bus, allow a greater following distance than when following a car. This allows for more stopping time once the yellow lights start flashing. In all 50 states, it is illegal to pass a school bus that has stopped to load or unload passengers.

- Never pass a bus from behind — or from either direction while on an undivided road — if it is stopped to load or unload children.

- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop.

- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus.

- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks.

By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones. For more information, visit the Army Combat Readiness Safety Center website at <https://safety.army.mil>, or the National Safety Council website at <http://www.nsc.org>.

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# Why We Serve: Sgt. Del Valle, DES

Story by **YVONNE JOHNSON**  
*APG News*

Like so many others who were inspired to service by the events of Sept. 11, 2001, a Directorate of Emergency Services police sergeant said he feels he’s come full circle in serving the Soldiers, civilians and family members of Aberdeen Proving Ground.

For Sgt. Nelson Del Valle, a renewed sense of purpose after the terrorist attack on the nation compelled him to join the U.S. Coast Guard. Upon graduating high school in 1998, the Los Angeles, California native attended community college for a short time. By 19 he decided on a career in law enforcement, attended a police academy and became a Public Safety Officer at the University of Southern California. He had switched to the City of Compton safety police, responsible for the security of city facilities, when 9/11 happened.

“It made me angry,” Del Valle said, adding that concerns about subsequent attacks and feelings of frustration led him to “do something that would make a difference.”

The USCG was a natural choice for Del Valle. At 14 he’d been a Los Angeles Police Explorer in school with a Coast Guard veteran as his mentor and advisor. He started the process in 2001 and joined in 2002.

“I was so ready for it,” he said of basic training. Though he wasn’t a strong swimmer, he applied himself and stuck with the program, convinced that it was what he was meant to do.

“I wasn’t as ready for it mentally as I thought I was but I never considered quitting,” he said.

**Joining the Coast Guard**

After basic training he went to the USCG Station in Portland, Oregon where he gained his specialty in small boat law enforcement. By 2003 he’d become a machinery technician, working on everything from small boat to cutter engines. He made his first trip east when he was assigned to the Activities New York station on Staten Island in a newly-formed Sea Marshalls unit, specializing in customs immigration and antiterrorism. He worked as a boarding officer, working in teams of 6 to 10 personnel, checking vessels entering the ports of New York and New Jersey to ensure compliance with federal regulations. Del Valle said he loved serving the city that had been violated on 9/11.

“I loved the New York area,” he said. “It made me feel good, working side-by-side with people who had served on 9/11 recovery missions. I felt like working anti-terrorism in New York brought me full circle to what I signed up for.”

Boarding vessels carried with it obvious risks. Del Valle said while it was very difficult to turn a commercial vessel around due to loss of revenue and impacts on the local economy, still, most vessels consented to searches.

“We focused on safety regulations and protocols but also looked for other dangers like contraband and stowaways,” he said. Del Valle left active duty but stayed in New York, serving in the USCG Reserves. During that time, he attended the John Jay College of Criminal Justice, majoring in criminal justice management.

“I liked that aspect of law enforcement,” he said, “and my military background helped me understand how policies are made.”

He put his education on hold, however, when he was offered a police officer position at Picatinny Arsenal in Dover, New Jersey in 2008. A patrol officer then, he said he enjoyed his time at Picatinny and now considers New Jersey home.

“The best part about Picatinny was the people,” he said of the installation of “mostly government civilians and about 100 active duty Soldiers.”

He said he also conducted active-shooter training and worked as a 9-1-1 dispatcher while at Picatinny.

**Deployment**

At age 31, in 2011, Del Valle was activated for deployment to Iraq. He served one year in-country and in Afghanistan in the USCG Redeployment Assistance and Inspection Detachment as a hazardous material and container inspector.

“When units deploy, the load their stuff and ship it and nobody regulates anything,” he explained. “But when they returned, the Army was having problems with incorrect paperwork and compliance issues and the ports in Iraq, Kuwait and Jordan would not allow boxes not in compliance on vessels.”

He said the Army would be fined up to \$10,000 a day per rejected container, with daily totals tallying upwards of \$1 million. It was their job to counsel units on load requirements and to inspect containers prior to shipment to the ports. Approved containers sealed by USCG members could forego subsequent inspections at U.S. ports.

“It saved the Army a ton of money, avoiding fees and delays,” he said.

As an E-6 team leader, Del Valle had authority over shipments and developed notices for the Armed Forces Radio Network notifying units to contact them in advance to avoid costly delays.

**Arrival at APG**

After his deployment, Del Valle turned his sights on APG where he was promoted



Courtesy photo  
**Sgt. Nelson F. Del Valle, of the Directorate of Emergency Services and his wife Mirna celebrate his promotion to sergeant at DES headquarters, April 26, 2016.**

ed and selected for specialized teamwork within the police department.

“I took this job to learn new skills and enhance the skills I already had,” he said, adding that he was drawn to sharing his knowledge with others through training.

Del Valle said making the transition from the USCG to the Army took some doing.

“In the Coast Guard, an E-4 can be in charge of a boat rescue team or search and rescue mission,” he said. “The Army doesn’t delegate that much authority to those so young. In the Coast Guard you get more leadership earlier.”

Leadership at APG, on the other hand, he said is very proactive.

“The [Garrison] commander does a really good job of thinking outside the box,” he said. “I really do like it. DES has a police department feel to it. I was promoted in a short period of time; quicker than at Picatinny. I’ve met my goal.

“I’ve learned that everything is a sacrifice,” he added. “Make it count.”

Del Valle said he’s making it count by sharing his knowledge, functioning from different perspectives and “shedding light” on everything he’s learned over the years.

“Nothing stays the same,” he said. “There’s always change. If you embrace it, you contribute to the process.”

He said the future looks as bright as ever.

“I’m here for the long term, which is retirement,” he said. “At the same time, there has to be self-fulfillment.” In 2014, Del Valle completed his bachelor’s degree. He said he sees himself in five years with a master’s degree in a leadership role. He currently is a patrol supervisor “aiming for lieutenant or captain.”

“Reaching my educational goals will allow me to be a good candidate [for promotion],” he said.

With 15 years of service, Del Valle said he loves what he does and what he is still learning at APG.

“I’m extremely happy with where I am and this wasn’t even a part of my dream,” he said. “I feel like I’m definitely a good leader, because I’ve been fortunate to have good mentors and supervisors, from the Coast Guard to now.

“One important thing I’ve learned is to take care of your people,” he said. “Nobody gets where they are by themselves and I wouldn’t be where I am now if not for those who took the time to point me in the right direction.”

Policing is a different kind of service, Del Valle said.

“We see people at their worst and lots of times we don’t really make their day. But maybe I just saved their life by pulling them over. It’s fulfilling to know you might have saved a life or made someone safe; it’s definitely rewarding.

He said his daily goals include instilling that frame of mind in his subordinates.

“I tell them to take time to teach and advise and mentor and all I ask in return is that you do your job to the best of your capabilities,” he said.

Still a member of the USCG Reserves, Del Valle is a chief warrant officer-Maritime Law Enforcement Specialist He flies to Oregon every other month to serve at his home station in the Sector Columbia River. Overall, he said he’s content with his life and happy with the direction it took since 9/11.

“The main thing is I feel like I’m making a difference. That’s what I signed on for.”

## Fresh food, customer experience top priorities at Top of the Bay

Continued from Page A1

Directly involved in every step of the process, Artus-Cooper frequents local farmer’s markets to find the best in-season fruits and vegetables needed to take Top of the Bay dishes to the next level. “It’s really just one of those things, that if you have a passion for, you do everything you can to learn the most about the topic,” he said.

For example, he said that for a recent wedding reception, the clients chose a “chef’s choice” option. Since he knew that broccoli was having a particularly great season, he decided to use that to create a steamed broccoli with brown butter and truffle oil, paired with a Mediterranean couscous with golden raisins, shallots and garlic, all of which received rave reviews.

The chef’s choice is just one of the options available to clients looking to plan a special event at Top of the Bay. The “create your own” menu option lets guests plan the events of their dreams.

Similar changes have also been incorporated into Top of the Bay lunch selections, offered 11 a.m. to 1 p.m., Tuesday through Thursday. Besides a salad bar and sandwich station, there are two hot lunch options with sides. Some of the sandwich options include freshly sliced deli meats such as roast beef, pastrami, and turkey as well as tuna salad, and egg salad. All sandwiches are made to your specific tastes.

Some customer entrée favorites include the chicken Marsala paired with rice and green beans or the chicken fried steak surrounded by scalloped potatoes and creamed spinach. Handmade desserts include peach cobbler and cannolis made with in-house strained ricotta filling.

Artus-Cooper has also brought some new flavors to the menu, including his cheese steak calzone and shrimp creole.



**Mounds of dough made from scratch wait to be put in the oven to become the handmade lunch rolls at Top of the Bay. Staff has made efforts to make items from scratch, whenever possible.**

Menu selections change daily and can be found online at <http://www.apgmwr.com/food-catering/top-of-the-bay>; click on the Google calendar.

Another recent change has been a revitalized floor plan, removing the salad bar and hot food line from the dining room, centralizing all food options in the same area with the sandwich station near the entrance to the ballroom. This makes for a more inviting dining area with less through-traffic to disrupt lunchtime conversation among coworkers.

According to Top of the Bay Manager Teri Hall, in addition to quality food, the staff focuses on providing a welcoming atmosphere for customers.

“Customer service is a high priority for us,” she said.

Frequent patrons Norman Anderson and Jim Henderson said they have been coming to the Top of the Bay for years. Henderson said that it’s someplace where they can get a quick meal and meet friends for lunch. Anderson agreed.

“The staff is outstanding. You could not find better people anywhere,” he said.

For more information, call 410-278-2552 or visit the APG MWR website at [www.apgmwr.com](http://www.apgmwr.com).

### BY THE NUMB#RS

## Back to School

*Congratulations to all the parents out there who have survived another summer with the kids at home, because yes, it is finally back to school time. Here are some facts to get the season started off right.*

**14 billion**  
Number of pencils that are produced world-wide every year. The modern pencil dates back to 1795.

**480,000**  
Number of school buses that transport 25 million children to school every day. Those buses rack up more than 5 billion miles a year.

**\$56,320**  
Average salary for elementary school teachers in the United States. They spend an average of \$500 of that on supplies for their own classrooms.

**730**  
The average number of crayons a child will have worn down by the age of 10. No word on how many of those were mischievously worn down by drawing on surfaces other than paper.

**\$488**  
Average amount each household will spend on back-to-school shopping. Back-to-school season is the second-highest spending period for consumers, following only the winter holiday season.

**78**  
Percent of smartphone users who use their phones to shop online for back-to-school bargains. 60 percent of shoppers use their phones to compare prices or search for discounts and coupons.

By **LAUREN FINNEGAN**, *APG News*  
Source(s): <http://marketingland.com>; <https://www.pencils.net>; <http://www.todaysparent.com>; <http://www.americanschoolbuscouncil.org>; <http://www.cmo.com>.



# Operation Purple draws support from several APG units

Continued from Page A1

with a single “squad” of children as they traveled from station to station. The cadre answered questions, facilitated team building and encouraged campers to swap stories about life as military children.

The day kicked off with a “march” to the camp’s beach. With sirens blaring and water hose at full blast, APG Garrison Commander Col. James E. Davis and Command Sgt. Maj. Toese Tia Jr., arrived via APG fire rescue boat to greet the campers, wearing facial camouflage.

Both Davis and Tia said it was important to them to participate in the event.

“We do deployments, we do the hard things,” Davis said, “but the family does the harder part, the home front. It’s just awesome to see the kids smile, see the kids get excited and start to bond about the different languages they spoke, to the different places they’ve lived. It immediately draws them together because they’re unique.”

Tia agreed. “The most important thing for me is connecting with the kids; looking at it from their lens,” he said. “When you see them together, smiling, interacting, and supporting each other... it’s pretty powerful.”

After chatting with the kids and sharing similarities, Davis and Tia joined the campers for the morning’s activities.

Soldiers from the Alpha Battery, 3rd Air Defense Artillery taught groups of children basic PT, or physical training, exercises. Davis joined the children in several exercises including the high jumper, the rower, and the bend and reach, as Tia cheered them on.

At the inflatable obstacle course managed by the Maryland National Guard, kids ran, jumped, rolled, and climbed their way to victory. At another station, campers learned about the history of the protective mask and raced to properly put on their masks to Army standard – in less than nine seconds.

Civilians from Aberdeen Test Center explained several military vehicles as the kids climbed inside an MATV, Stryker and Humvee. Soldiers from Kirk U.S. Army Health Clinic taught basic field first aid, and land navigation skills were explained by Soldiers from the U.S. Army Test and Evaluation Command. Soldiers from the 46th Chemical Company, 22d Chemical Battalion, 48th Chemical Brigade displayed explosive ordnance disposal technologies, including a robot. Other stations included cadence writing, camouflage application, and drill & ceremony.

Later in the day, campers had a visit with the Adjutant General of Maryland, Maj. Gen. Linda Singh, who arrived by helicopter.

Singh asked the children about the places they have lived, their favorite camp activities so far and whether any children had parents who are currently deployed; several did. She said she appreciates the sacrifices made by military families.

“Together you all make up what we call a ‘joint team’ because you have representation from all the services based on your parents,” she said after taking a show of hands for children of service members from the individual branches.

Maryland Army National Guard Pilots



Photo by Lauren Finnegan, APG News

Chief Warrant Officer 3 Patrick Fisher and 1st Lt. Stephen Sauve talked to the children about the helicopter, a UH-72A Lakota, as the kids reveled in the opportunity to climb aboard and sit in the pilot’s seat.

The sweltering heat and humidity drove afternoon activities indoors; Soldiers played games with the children, and Sgt. John F. Knight and Staff Sgt. Terrace Tolbert from the 20th CBRNE Command, showed children the U.S. Army’s primary ration, Meals, Ready to Eat, or MREs.

Rachel Walter, 10, daughter of Staff Sgt. Thomas Walter, with the Aberdeen Test Center, said she appreciates all the opportunities she receives as a military child, like traveling and meeting new people.

“I like it [the camp] because you get to do new activities every day and be with your friends, and make new friends,” she said. “I want to return next year.”

Connor Hunter, 10, from Ellicott City, Maryland, whose father is in the Navy, said he enjoyed meeting the Soldiers from APG who work “just across the bay.”

“This is a life lesson, teaching me in advance how to deal with the stress of being a military child,” he said.

Hunter’s mother, Jennifer Hunter, called the camp “awesome,” and said her son Colin Hunter, 14, has also attended Operation Purple for several years.

“It is a great camp, and it is amazing, too, because it is free,” she said.

APG resident Aimee Percy, a Marine veteran, said she enjoyed seeing her daughter Gwen Percy, 9, learn new activities at the camp.

“It’s super fun, it makes me want to stay and play,” she said. “It keeps them busy, and active.”

North Bay Executive Director Keith Williams said during the week the children experienced “traditional” camp activities like swimming, kayaking and zip lining while socializing with other military children.

“We love hosting this, we love being a part of this,” he said. “It is just a small way that we can support military families. These kids are giving just as much as their parents are.”



Photo by Amanda Rominiecki, USAG APG



Photo by Rachel Ponder, APG News

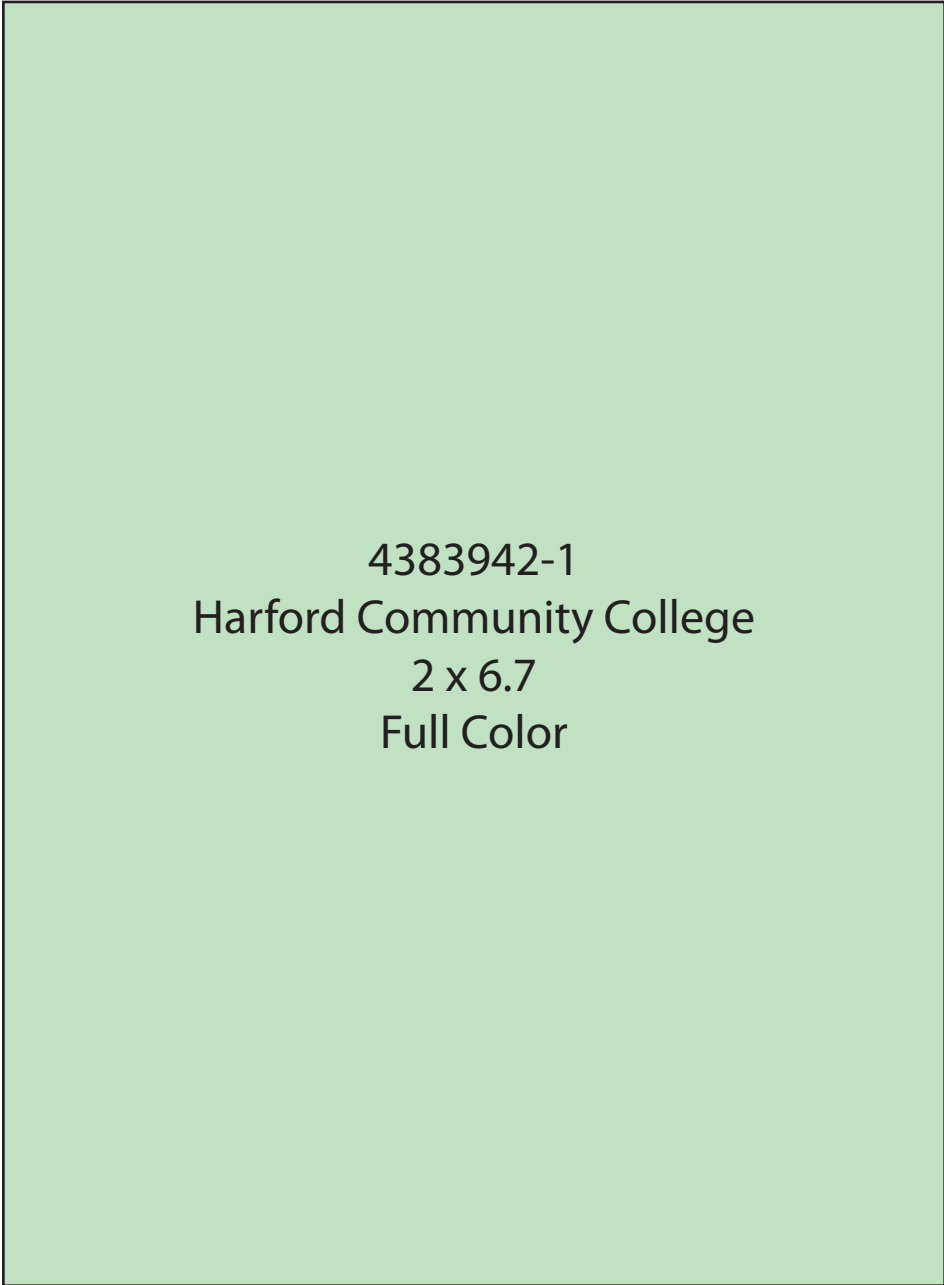
(From top)

- APG Garrison Commander Col. James E. Davis joins military youth at the PT station as part of “Military Experience Day” during Operation Purple.
- Operation Purple campers cheer for special guests arriving via APG fire rescue boat.
- Military child Madison Sours, 10, responds to a question from the Adjutant General of Maryland Maj. Gen. Linda Singh during Singh’s visit.
- Soldiers from the Maryland National Guard 5th Regiment Armory help a camper reach the top of the wall on an inflatable obstacle course, one of several stations run by the MDNG and Team APG.

See more photos from Operation Purple online at [www.flickr.com/usagapg](http://www.flickr.com/usagapg) or [www.facebook.com/APGmd](http://www.facebook.com/APGmd).



Photo by Lauren Finnegan, APG News





# Mark Your Calendar

## EVENTS & TOWN HALLS

### INSTALLATION TOWN HALL AUGUST 30

APG North (Aberdeen) recreation center, 3 p.m. Questions in advance can be sent to Lisa McClure at [lisa.a.mcclure9.civ@mail.mil](mailto:lisa.a.mcclure9.civ@mail.mil).

### INSTALLATION SOCIAL AUGUST 30

APG North (Aberdeen) recreation center, 4:30 p.m. Open to all. Free refreshments and cash bar.

### GARRISON BOWLING SOCIAL & LUNCHEON SEPTEMBER 8

APG Bowling Center, 11 a.m. to 1:30 p.m. Free food and bowling open to military and civilian garrison employees only. For more information, contact Garirson HHC 1st Sgt. Richard Bernard at 410-278-9819.

### SERGEANT AUDIE MURPHY CLUB INDUCTION SEPTEMBER 9

Bldg. 6000 (Myer Auditorium), 10 a.m. APG Chapter of the Sergeant Audie Murphy Club will induct new members Sgt. 1st Class Joseph M. Scalies, CECOM; Staff Sgt. Nickolas S. Gordon, 20th CBRNE Command; and Staff Sgt. Mercedes N. Smith, also of 20th CBRNE Command. For more information, contact Sgt. 1st Class April Marinakes at 410-436-0322 or email [april.l.marinakes.mil@mail.mil](mailto:april.l.marinakes.mil@mail.mil).

### TAPS GOLF OUTING SEPTEMBER 15

Ruggles Golf Course, 9 a.m. Hosted by EOIR Technologies. Registration fee is \$105 for industry personnel, \$80 for government civilians and service members. Registration includes breakfast, lunch, prizes & more. For more information, call 410-306-8721.

### HISPANIC HERITAGE MONTH OBSERVANCE SEPTEMBER 22

APG South (Edgewood) recreation center. 10:30 a.m. to noon. For more information, contact Sgt. 1st Class April Marinakes at 443-567-1298.

## MEETINGS & CONFERENCES

### PROTESTANT WOMEN OF THE CHAPEL OPEN HOUSE SEPTEMBER 1

Main Post Chapel. 9:30 a.m. to noon. Free childcare provided.

### PROTESTANT WOMEN OF THE CHAPEL KICK-OFF SEPTEMBER 8

Main Post Chapel. 9:30 a.m. to noon. Free childcare provided.

### FINANCIAL PEACE UNIVERSITY SEPTEMBER 13 - NOVEMBER 29

Main Post Chapel. 5:45 to 7:30 p.m. Free 12-week class for Soldiers, families and DA civilians. Refreshments provided. Register at the chapel. For more information, contact Joyce Wood at 410-278-4333.

### FIRE EXTINGUISHER TRAINING SEPTEMBER 15

Bldg. 4403. 10 a.m. to noon and 1 to 3 p.m. Hosted by the APG Directorate of Emergency Services Fire Protection & Prevention Division. For more information, contact Ernie Little at 410-306-0583 or [ernest.w.little.civ@mail.mil](mailto:ernest.w.little.civ@mail.mil).

### EEO HR FOR IMCOM SUPERVISORS TRAINING SEPTEMBER 22

Bldg. 3147. 8 a.m. to 4:30 p.m. Registration is required. Maximum of 50 people per class. For more information, contact Charles Gilmore at [charles.l.gilmore3.civ@mail.mil](mailto:charles.l.gilmore3.civ@mail.mil) or 410-278-0130.

### FIRE MARSHALL TRAINING SEPTEMBER 27

Bldg. E4810. 9 a.m. to noon. Hosted by the APG Directorate of Emergency Services Fire Protection & Prevention Division. Attendees will receive a certificate of completion at the end of the class. For more information, contact Inspector Loren Brown at 410-278-1128.

## HEALTH & RESILIENCY

### APG NORTH DENTAL CLINIC CLOSED AUGUST 31

For more information, contact Sgt. Jerry Willis at 410-278-1794 or [jerry.h.willis2.mil@mail.mil](mailto:jerry.h.willis2.mil@mail.mil).

### APG NORTH DENTAL CLINIC CLOSED SEPTEMBER 2 & 5

For more information, contact Sgt. Jerry Willis at 410-278-1794 or [jerry.h.willis2.mil@mail.mil](mailto:jerry.h.willis2.mil@mail.mil).

### APG BLOOD DRIVE SEPTEMBER 7

APG North (Aberdeen) recreation center. 9 a.m. to 1 p.m. Make an appointment online at [militarydonor.com](http://militarydonor.com) using code "APGMD."

### PROSTATE CANCER AWARENESS INFO SESSION SEPTEMBER 8

Bldg. 6000 (Myer Auditorium), 11:30 a.m. to 12:30 p.m. Dr. Sankar Kausik, Chesapeake Urology Association will discuss current trends and treatment options. For more information, contact Tiffany Grimes at 443-861-7901 or [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

### AMSAA HOMERUN TO HEALTH EXPO SEPTEMBER 15

Bldg. 330, 11 a.m. to 1 p.m. Various vendors, giveaways, samples and health screenings. Special appearance by Iron Birds mascot. For more information, contact Lori Wohr at 410-278-3352 or [lori.a.wohr.civ@mail.mil](mailto:lori.a.wohr.civ@mail.mil).

### CHILDHOOD OBESITY INFO SESSION SEPTEMBER 15

Bldg. 6000 (Myer Auditorium), 11:30 a.m. to 12:30 p.m. Dr. Allison Agwu will provide attendees with ways to keep children healthy, as well as teach fun parent-children fitness activities. For more information, contact Tiffany Grimes at 443-861-7901 or [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

### MENTAL HEALTH INFO SESSION SEPTEMBER 20

Bldg. 6001, 2nd Floor, Room 224. 11:30 a.m. to 12:30 p.m. This presentation explores the Transcendental Meditation technique as a means to reduce anxiety, depression, and other symptoms of post-traumatic stress. Open to installation employees, military and contractors. Non-C4ISR employees must bring CAC to gain access to the building. For more information, contact Tiffany Grimes at 443-861-7901 or [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

### CPR & AED TRAINING SEPTEMBER 22

Bldg. 3147, Room 205. 9 a.m. and 1 p.m. Open to all. For more information, contact Mike Slayman at 410-306-0566.

### C4ISR CPR & AED TRAINING SEPTEMBER 29

Bldg. 6001, 2nd Floor, Room 224. 11 a.m. to 1 p.m. Registration required. Open to C4ISR employees, military and contractors. For more information, or to register, contact Tiffany Grimes at 443-861-7901 or [tiffany.l.grimes.civ@mail.mil](mailto:tiffany.l.grimes.civ@mail.mil).

**MORE ONLINE**



More events can be seen at [www.TeamAPG.com](http://www.TeamAPG.com)

## ANNOUNCEMENTS & MISCELLANEOUS

### LEADING IN THE ACQUISITION ENVIRONMENT COURSE SEPTEMBER 27-30

Bldg. 6175, Guardian Gateway, 8 a.m. to 5 p.m. Hosted by Defense Acquisition University. Course provides an overview of the competencies and skills needed to lead in an acquisition environment. Experiential activities include role playing, simulation, communication, and critical-thinking exercises; a leadership challenge; and completion of a 360 degree feedback instrument and executive coaching to develop action plans related to the feedback. Level III certification in at least one acquisition career field and at least three years of Level III experience are required prerequisites for the course. Upon completion, students will earn 31 Continuous Learning Points. Applications due Sept. 6. For more information, visit <http://www.dau.mil/training/Pages/apply.aspx> or contact Ben Metcalfe at [benjamin.metcalfe@dau.mil](mailto:benjamin.metcalfe@dau.mil) or 410-272-9471.

### FORGING STAKEHOLDER RELATIONSHIPS COURSE OCTOBER 5-7

Bldg. 6175, Guardian Gateway, 8 a.m. to 5 p.m. Hosted by Defense Acquisition University. Action-based learning course introduces professionals to the methods and skills necessary to identify, assess, and promote the building of stakeholder relationships required for success in the acquisition environment. Level III certification in at least one acquisition career field is a required prerequisite for the course. Upon completion students will earn 25 Continuous Learning Points. Applications due by Sept. 30. For more information, visit <http://www.dau.mil/training/Pages/apply.aspx> or contact Ben Metcalfe at [benjamin.metcalfe@dau.mil](mailto:benjamin.metcalfe@dau.mil) or 410-272-9471.

### APG SOUTH 2016 WATER MAIN FLUSHING

The APG South (Edgewood) 2016 water main flushing schedule is as follows: Through September: E3000-E4000 area; Oct. through Dec.: E5000 area; Nov. 10-12: APG South housing area, Austin Road. For more information, contact Robert Warlick at 410-436-2196 or [robert.w.warlick2.civ@mail.mil](mailto:robert.w.warlick2.civ@mail.mil).

### CHANGE IN MASS SCHEDULE

There are no longer weekday masses at the APG South (Edgewood) chapel. Weekday mass is held Tuesday-Friday at the APG North (Aberdeen) main post chapel at 11:45 a.m. Confessions on request. For more information, contact Joyce Wood at 410-278-4333 or [joyce.l.wood.civ@mail.mil](mailto:joyce.l.wood.civ@mail.mil).

# MORALE, WELFARE & RECREATION



## Upcoming Activities

### SAVE THE DATE

### RIPKEN BALL GAME AND CRAB FEAST AUGUST 27

The Civilian Welfare Fund will host a crabfeast at the party deck at Ripken Stadium. Picnic dinner includes smoked pork BBQ, roasted herb chicken, hot dogs, baked beans, coleslaw, tossed salad, steamed crabs, cookies and drinks. Tickets are \$58 per person. Dinner begins 6:35 p.m., game starts 7:05 p.m.

Call 410-436-4467 to purchase a ticket.

### APG OKTOBERFEST SEPTEMBER 16-17

More details to follow at [www.apgmwr.com](http://www.apgmwr.com).

### LEISURE & RECREATION

### DISNEY ON ICE DISCOUNT TICKETS OCTOBER 28, 7:30 p.m.

OCTOBER 29, 11 a.m.; 2:30 p.m.; 6:30 p.m.

OCTOBER 30, Noon; 4 p.m.

Royal Farms Arena, Baltimore. Tickets are \$23 each, while supplies last. Visit MWR Leisure Travel Services to purchase tickets. For more information, call 410-278-4011.

## CHILD & YOUTH SERVICES

### FAMILY MOVIE NIGHT SEPTEMBER 9

APG North (Aberdeen) recreation center. 6 p.m. "Ratchet Clank." Free movie, giveaway, and craft activity. Food available for purchase. For more information, call 410-278-4011.

### LET'S COOK CLASSES SEPTEMBER 10

Corvias Community Center. 9 a.m. to noon. Ages 7+. \$20 fee. To register, call 410-278-7571.

### LET'S COOK CLASSES OCTOBER 15

Corvias Community Center. 10 a.m. to 1 p.m. Ages 7+. \$20 fee. To register, call 410-278-7571.

### FAMILY MOVIE NIGHT SEPTEMBER 23

APG South (Edgewood) recreation center. 6 p.m. "The Jungle Book." Free movie, giveaway, snacks, and craft activity. For more information, call 410-278-4011.

## SPORTS & RECREATION

### KAYAK EXCURSIONS AUGUST 27

Excursions leave from Skippers Point. Cost is \$40 per person. 8 to 11 a.m. Aug. 27. Open to all eligible MWR patrons. Registration required, deadline is three days before class. Five days prior to class, excursion must meet minimum participants to take place. To register, call 410-278-4124/5789/2134/2135 or email [usarmy.APG.imcom-fmwrc.list.usag-mwr-outdoorrec@mail.mil](mailto:usarmy.APG.imcom-fmwrc.list.usag-mwr-outdoorrec@mail.mil).

### FLAG FOOTBALL AUGUST 29

Registration Deadline Aug. 29. Rules clinic Aug. 24, 5 p.m. at APG North recreation center. Regular seasons starts Sept. 7. Civilian teams \$250, -\$20 per military player. All military teams are free. Games to be played Monday-Thursday 5:30 to 7:30. For more Information, call 410-436-3375.

## ARMY COMMUNITY SERVICE

### SMART START YOUR SMALL BUSINESS SEPTEMBER 28

Bldg. 2503 11:30 a.m. to 1 p.m. Session explores how to start a business and qualities of a successful entrepreneur. Open to public. To register, contact Marilyn Howard at 410-278-9669.

APGMWR

Intramural Sports Program

Soccer League



Fill out your registration form today at any APG Sports and Fitness Facility.

**Registration Deadline: Monday, August 29, 2016**

**Rules Clinic: Tuesday, August 23, 5 p.m.**  
APG Recreation Center Ballroom, Building 3326  
Regular Season Games Start: Wednesday, September 7

Civilian team: 250 per (-\$20 per military player), All-military teams: Free

Games will be played Monday-Thursday afternoons/evenings.  
Your team may be scheduled to play any day and time Mon-Thu between 5:30 and 7:30.  
For More Info Contact: 410-436-3375/7134 or 410-278-7933/7934 or [usarmy.APG.imcom-fmwrc.list.usag-mwr-sports@mail.mil](mailto:usarmy.APG.imcom-fmwrc.list.usag-mwr-sports@mail.mil)



Learn more about APG MWR activities & services by going online at [www.apgmwr.com](http://www.apgmwr.com) and downloading the FMWR Directory.



inside

ACHIEVEMENT

An ECBC scientist receives “ST” distinction as a Senior Level Scientific Professional.

ECBC| B2

POWER

Scientists at ARL investigate aqueous lithium ion batteries as safer, high-power solution

ARL| B3

STEM

A CERDEC engineer finds fulfillment teaching at local community college.

Engineer | B4

newsbrief

SMALL AIRBORNE NETWORKING RADIO

PEO 3CT

Small Airborne Networking Radio, or SANR, managed by Program Executive Office Command, Control, Communications-Tactical, in coordination with Program Executive Office Aviation, will enable the simultaneous delivery of voice communications and networked data to link ground forces with Army aviation platforms and provide the exchange of critical situation awareness information. The SANR will be integrated on the Apache, Chinook, Black Hawk and the Gray Eagle Unmanned Aircraft System.

Several previous Network Integration Evaluations, Army Warfighter Assessments and user feedback forums have been utilized to confirm the need for enhanced network capability between ground forces and aviation assets.

Following contract procurement procedures, the start of full rate production is expected in 2022. The Army plans to procure approximately 7,000 SANRs.

The SANR procurement is the Army's largest airborne tactical radio upgrade effort, marking a major step in providing enhanced tactical network data connectivity and voice communications to aviation platforms.

online

www.TeamAPG.com/APGNews

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ICE system  
http://ice.disa.mil/  
Facebook, http://on.fb.me/HzQlow



Photo by Calvin Reimold, U.S. Army Reserve Command

The Army’s primary investment is in developing and maintaining Soldiers who are physically and mentally ready to fight the nation’s wars. Rigorous physical training is a necessary part of this investment, and with it there will be some injuries. Unit leaders should assess their foot march training programs and apply prevention measures to help minimize these injuries.

## Carrying the weight of war

# Marching ahead to prevent injury

By **VERONIQUE HAUSCHILD**  
*Army Public Heath Center (Provisional)*

In his ancient military treatise “The Art of War,” Sun Tzu notes that if you put your army on a forced march at a certain speed, you will lose one-tenth to two-thirds of your troops along the way. While technologies have changed over the past 2,400 years, the effectiveness by which troops can march long distances with their equipment continues to be a critical factor in the success of many military operations.

During dismounted troop foot movement, Soldiers must carry heavy equipment over varying terrains with multiple environmental hazards.

Carrying heavy loads leads to more rapid fatigue, greater food and water requirements, awkward body postures, and unaccustomed stress and friction to various body parts. These factors reduce Soldiers’ physical and mental combat performance capabilities and increase the risk of injuries. The impacts can be fatal for individuals and

detrimental to unit mission success.

Though its costs are well documented by both scientists and military historians, the ability to effectively and rapidly move troops by foot is an indisputable advantage in many operational circumstances. Therefore, foot march training, or “rucking,” remains an important component of Army readiness training. Foot march training that is too excessive or intense, however, can unnecessarily increase the risk

See **MARCHING**, page B7

# Prototype boosts intelligence processing

Story and photos by **KATHRYN BAILEY**  
*CERDEC*

The Army is enhancing a mobile intelligence station’s top secret enclave through a collaboration between intelligence program managers, researchers and the organic industrial base.

The Distributed Common Ground System-Army, or DCGS-A, and the Army’s Communications-Electronics Research, Development and Engineering Center, or CERDEC, have teamed to produce the latest version of the DCGS-A Intelligence Processing Center, or IPC-2, which will add a second top secret network for enhanced intelligence processing, fusion and reporting.

“The IPC-2 is the backbone of the Intelligence processing capabilities,” said Lee Wyman, DCGS-A Operations Specialist and project lead for IPC-2. “It is located inside a hard shelter, attached to a high-mobility, multipurpose wheeled vehicle and backed up to the BCT [brigade combat team] command post to function as the



Mark Miltenberger, right, C4ISR Prototype Integration Facility (or PIF) project lead for Intelligence Processing Center-2, or IPC-2, and Ben Udzilla, C4ISR PIF engineer, inspect the IPC-2’s network cables. The IPC-2 will add a third enclave to enhance the shelter’s intelligence collection capabilities.

See **PROTOTYPE**, page B7

## Summit explores Army innovation opportunities

The commander of the U.S. Army Materiel Command, Gen. Dennis L. Via, speaks at a media round table with Undersecretary of the Army Patrick Murphy and Gen. David Perkins, commander of the U.S. Army Training and Doctrine Command, during the Army’s Innovation Summit at the College of William and Mary, Aug. 16.

“It is critical to take a moment to pause, slow down and ask ourselves are we doing things right, and more importantly, are we doing the right thing,” Via said. “You can’t achieve innovation all at once, it takes time and collaboration.”

The event brought together more than 250 leaders from industry, academia, DOD and Army to explore processes to achieve innovation, expand collaboration efforts, and refine the innovation initiatives developed at the first two Army Innovation Summits. The three summits are a part of the larger Innovation Campaign, initiated by AMC on behalf of the Army in 2015.



Photo by Sgt. Eben Boothby, AMC



# ECBC bioscientist receives federal scientific professional distinction

**EDGEWOOD CHEMICAL BIOLOGICAL CENTER**

ECBC Chief of Biosciences Dr. Peter Emanuel received the U.S. federal civil service designation of Senior Level Scientific Professional, known as an ST, on Aug. 22. He joins Augustus Fountain, Ph.D., Senior Research Scientist for Chemistry, as ECBC’s second ST.

The ST designation covers non-executive positions classified above the GS-15 level, and is reserved for technical personnel who perform high-level research and developmental work in the physical, biological, medical, or engineering sciences. Many of the federal government’s most renowned scientists and engineers serve in ST positions. STs are required to devote less than 25 percent of their time to supervisory and managerial duties in order to devote themselves to research.

Reaching this moment has been a long journey for Emanuel.

“When I first drove on post over 20 years ago, I had no idea where it might lead. My intention was to do only a two-year National Research Council Post-doctoral Research Fellowship and then move on to a research job at a pharmaceutical company. But the opportunity to solve real-world problems, our flexibility to change our research portfolios to keep fresh, and to interact with the global scientific community was just too interesting to walk away from.”

Becoming an ST is highly competitive and is based on outstanding professional accomplishments, creativity, and critical judgment. Fewer than 600 people have received this designation in all of the Executive Branch since it was introduced in 1990.

“It is no surprise to me that Peter has received the recognition. He has



Dr. Peter Emanuel, ECBC chief of biosciences is honored with elevation to Biotechnology Senior Level Scientific Professional.

always been on the leading edge of innovative chemical biological defense research,” said ECBC Director Dr. Joseph Corriveau.

“He has managed large, inter-disciplinary projects as far away as Korea, and inspires everyone on his teams to perform at their best. Now that he is an ST, we look forward to many more years of the highly productive and innovative research and development work that we have all come to associate with him.”

Looking to the future, Emanuel said, “Now I can step away from managing the day-to-day operations of the lab and begin to look at the big picture. I can bring together scientists and engineers and think about what the Army needs – not just one part of the center. As the ST for Bioengineering, I will

be working with the other Department of Defense labs to establish a greater capability for defense labs to use the tools of synthetic biology. I am particularly interested in building coalitions with the Army Research Laboratory, the Air Force Research Laboratory, and the Naval Research Laboratory.”

For more information about ECBC, visit <http://www.ecbc.army.mil/>.

# DOD supercomputing inspires interns

Story and photo by **DAVID MCNALLY**  
*U.S. Army Research Laboratory*

Six graduate students recently concluded the DOD High Performance Computing Internship Program, or HIP, at the U.S. Army Research Laboratory.

“The intern’s summer projects were highly relevant and critical to our mission,” said Dr. Luis Bravo, Vehicle Technology Directorate. “They really took the lead in creating complex models that push the boundaries of engine combustion and turbomachinery sciences and have exploited the use of DOD’s Supercomputing platforms.”

The annual HIP program funds interns to enhance computational skills and experience in order to support the DOD’s future warfighter needs.

“I used computer codes to look at the smallest scale of material that I could,” said Kathryn Esham, a graduate student from The Ohio State University. “I took the temperature from really high to really low to see what would happen to the material.”

Army scientists and engineers mentored the students throughout their projects. The highly technical research ranged from “High Fidelity Simulation of Engine Jet Combustion and Application to Turbomachinery” to “Tiltrotor Whirl Flutter Analysis with Computational Fluid Dynamics and Computational Structural Dynamics Coupling.”

“The interns were able to work on research that is way beyond state-of-the-



Bradley Steele, a graduate student and summer intern with the DOD High Performance Computing Internship Program, presents the results of his research Aug. 3, 2016, before a panel of scientists, engineers and fellow students.

art,” said Dr. Anindya Ghoshal. “Basically we’re talking about technology that will come into use in actual engines maybe 20 to 30 years in the future.”

Ghoshal said the interns work on futuristic research was “highly relevant.”

“I’m very hopeful that this experience has been fruitful for them,” he said. “They were excited about the work that they did. They are also going to continue this work as part of their doctoral dissertations. It’s likely we will get them back in the future as interns again, so they can

continue this work.”

Across the DOD, the Air Force won grants for 11 interns and the Navy and Army won 10 each. Of the Army interns, six worked at ARL facilities at APG.

The other interns were Richard Blocher, Christian Hoover, Bradley Steele, Matthew Guziewski and Daniel Foley. The group presented their research findings Aug. 3, 2016, before a panel of scientists, engineers and fellow students.

Because of the “exemplary work”

presented during the symposium, Bravo said, senior leadership invited three of the interns (Blocher, Esham and Wonnell) to publish a brief article in DOD’s HPC Insights magazine.

“In my view, it’s a recognition of the sophistication of the project and the immediate connection it has with the DOD community,” Bravo said. “For us, High Performance Computing is critical to our mission,” Bravo said. “It really enables us to do cutting edge research. It goes hand-in-hand with our experimental facilities.”

The internships develop the skills of future computational scientists and provide an opportunity for a prospective DOD employee to experience defense-related research and development, he said.

“My project had a large scope, and I didn’t know exactly what aspect I was going to be working on when I came here,” Blocher said. “The fact that it has a computational fluid dynamics focus, that’s a subject that’s new to me. It’s something that I learned a lot about that I didn’t really expect or know that I was going to learn about.”

“I think we’re going to continue looking for this type of support from the DOD’s High Performance Computing office,” Bravo said. “They were very happy with our interns’ output and we’re also very happy with the program support. We hope we can continue this kind of collaboration.”

WORD OF THE WEEK

Conciliate

Pronounced: kuh n-SIL-ee-yet

Part of Speech: verb.

Definition:

1. 1. To make (someone) more friendly or less angry; placate, win over

1. 2. To become agreeable or reconciled

Use:

1. The company’s attempts to conciliate the strikers have failed.

2. It is difficult to conciliate the views of gun control advocates and 2nd Amendment supporters.

3. The judges’ conciliatory tone did little to pacify the victims who wanted a stiffer sentence for the defendant.

By YVONNE JOHNSON, APG News

Source(s): [www.merriam-webster.com](http://www.merriam-webster.com); [www.dictionary.com](http://www.dictionary.com)

ACRONYM OF THE WEEK

CRAF

Civil Reserve Air Fleet

The Civil Reserve Air Fleet, or CRAF, is part of the nation’s mobility resources. Selected aircraft from U.S. airlines, contractually committed to CRAF, support Department of Defense, or DOD, airlift requirements in emergencies when the need for airlift exceeds the capability of military aircraft. As of June 2014, 24 carriers and 553 aircraft were enrolled in CRAF. This includes 517 aircraft in the international segment with 391 in the long-range international section and 126 in the short-range international section. There are 36 aircraft in the national segment. These numbers are subject to change on a monthly basis.

The CRAF program was established by a joint agreement between the DOD and the Department of Commerce in December 1951. The program was generated by the realization, following the Berlin airlift, of the need for supplemental airlift to support a major national defense emergency.

By YVONNE JOHNSON,

APG News

[www.wikipedia.org](http://www.wikipedia.org); [www.transportation.gov](http://www.transportation.gov)



# ARL explores aqueous batteries

By **JOYCE CONANT**  
*U.S. Army Research Laboratory*

Scientists were discussing an altogether different project when they came across the notion that increasing solubility in lithium salt could lead to something that stopped the conversation for a moment with near total silence and started a new research path.

“The orchestra didn’t play, but you get that feeling all at once that there was every reason to believe it would work,” said Arthur Von Wald Cresce, ARL materials scientist. “And it did.”

It was the end of last year when ARL scientists and their colleagues at the University of Maryland began formally exploring lithium ion aqueous batteries.

Traditional lithium ion batteries are very energetic. The batteries are used commercially in everything from cell phones to laptops and many other portable devices because of the amount of energy they harness in such a small space. These conventional batteries can perform outside the stability of their liquid electrolytes with the help of a protective shield.

What scientists are beginning to understand is that the salt that they use in high concentrations for the aqueous batteries gives a new layer of lithium fluoride that will match the conventional lithium ion coating, Cresce said.

“The main problem with lithium ion batteries has always been safety,” said Cresce. “The aqueous lithium ion battery could take away a lot of the danger of fire. What we’re trying to do is to make sure that the battery remains safe, it remains nonflammable, but that we get as much capacity out of the battery as possible.”

The researchers are in the very early stages of understanding what is happening with this aqueous electrolyte as it interfaces with the anode, the negative electrode, Cresce said.

“Right now lithium ion batteries are engineered to take a loss in energy density for a gain in safety. For future applications such as car batteries, capacity is vital because the space is so limited.

In the Army, we are concerned about micro grids — the harvesting, generating and distribution of elec-



U.S. Army Research Laboratory photo

**Researchers from the U.S. Army Research Laboratory know the importance of a reliable battery for U.S. service members. They are currently investigating a way to allow lithium ion batteries to use their entire energy potential – without the safety concerns of flammability – by researching aqueous lithium batteries.**

tricity for a very reliable energy storage bank that Soldiers could have in their camp to run equipment without the danger of fire or need to bring in as much fuel is a practical application for this research.”

Scientists from the University of Maryland and ARL published their findings in the journal “Science” in November 2015. “The lithium fluoride layer that forms when we use the salt in very high concentrations is some-

thing that we are just getting to know now. We’re just understanding where it decided to nucleate and how it grows. It is a challenge to look at the reaction as it is happening,” Cresce said.

They used experimental materials that are great in the laboratory but are also expensive and difficult to produce, so the next step is to find better anode materials for the next experiments.

“The proximity of everything makes

this electrolyte special and unusual,” Cresce said. “You think of the Army as being regimented. Our organization gives leeway to explore topics that are unusual and difficult. It’s difficult to justify being able to be curious, but many of the developments that we depend on today started with a similar curiosity about things like radio, wireless communications and radar. I’d like to think we are contributing by taking chances.”

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# THIS WEEK IN APG HISTORY



Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week’s APG News masthead is from 1978.

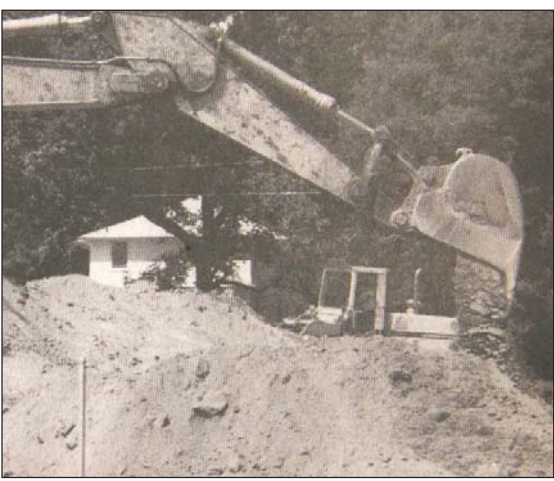
By **YVONNE JOHNSON**, *APG News*



## 10 Years Ago

*Aug. 31, 2006*

Incoming Commander Col. Frank “Del” Turner III, left, receives the U.S. Army Developmental Test Command guidon from Maj. Gen. James Myles, commander of the U.S. Army Test and Evaluation Command, right during the DTC change of command ceremony.



## 25 Years Ago

*Aug. 28, 1991*

A backhoe turns up earth behind Bldg. 310 during the \$2.4 million upgrade of the installation sewage system.



## 50 Years Ago

*Aug. 25, 1966*

Republic of Vietnam Col. Dao Ngoc Tho, left, and Hervey M. Reed, assistant curator of the Ordnance Museum, right, examine a makeshift rifle, hand grenades, mortars and other weapons use by Viet Cong forces on display at the museum.

# APG engineer dedicated to STEM education

Story and photos by **YVONNE JOHNSON**  
*APG News*

Life can be pretty busy for someone working as an electronics engineer with the U.S. Army Communications-Electronics Research, Development and Engineering Center, or CERDEC. Add to that an adjunct professorship teaching physics at a local community college and you’ve got someone with very little spare time on their hands. But James R. Evangelos wouldn’t have it any other way.

Evangelos started out as a young graduate with CERDEC in 1991 when it was still located at Fort Monmouth, New Jersey. He left in 1993 for positions in private industry and with major defense contractors and held a software engineering position with a major defense communications company before turning his attentions back to the federal government. He traces his love of the sciences and engineering to his father who kept a “mad scientist basement.”

“My father was more mechanically inclined,” Evangelos said, adding that he actually did once take a clock apart and put it back together again. “For me, I love understanding how things work and that’s what physics is all about. It’s the foundation of all engineering disciplines. It explains how our universe works from the small subatomic world to the very large motions of galaxies and black holes.

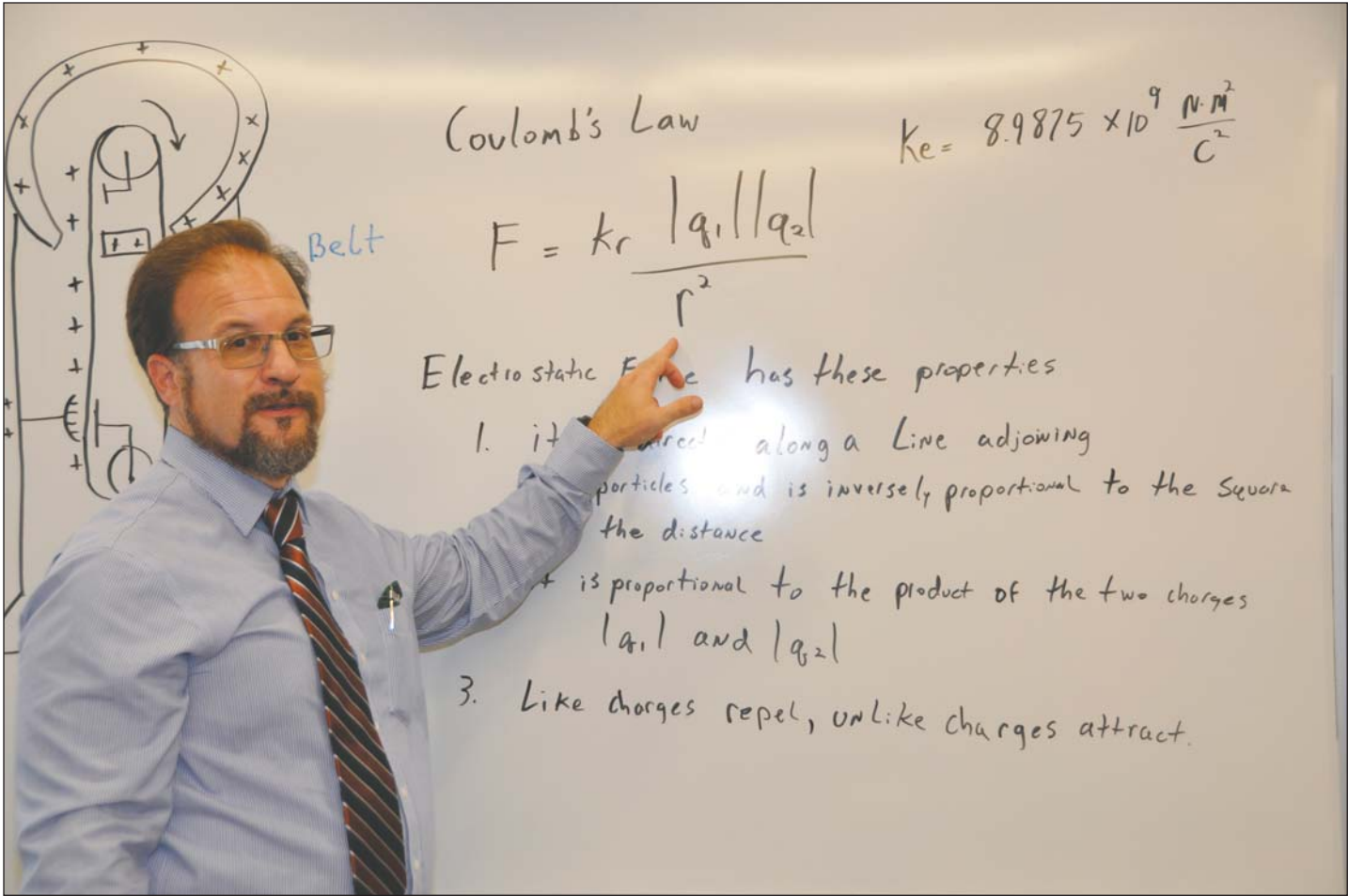
Evangelous explained that, related to his work in tactical radio systems and communications engineering, physics is the foundation of propagation characteristics of electromagnetic waves. It serves as the scientific background behind why electrical circuits function. It’s this discovery and understanding of the science behind how the universe functions that he aims to pass on to students.

“It’s a matter of national security that we maintain our edge or other countries will surpass us,” he added. “In a society, you must have manufacturing. To have manufacturing you must have designs and plans. Who does designs and plans? Engineers. I’m right in the trenches with STEM, teaching groups of students right here in Harford County every day.

“We need engineers and scientists if we’re going to have the most advanced military in the world.”

HCC is not Evangelos’ only teaching “gig.” He taught electrical engineering at Cecil Community College and starting in the fall will teach another course at the Community College of Baltimore Count, or CCBC.

Evangelos holds a bachelor’s degree from Stevens Institute of Technology in Hoboken, New Jersey. He obtained his



CERDEC Engineer James Evangelos explains “Coulomb’s Law,” a law of physics that describes force interacting between static electrically charged particles, in the Science building on the Harford Community College campus where he teaches Physics 101 & 102 as an adjunct professor.

master’s degree 20 years later from the University of South Florida in Tampa, Florida. He said the Army paid for his final three courses.

“The Army’s been very good to me,” he said.

Deborah Wrobel, HCC Dean of STEM, said Evangelos is an asset the college in more ways than one.

“Both in terms of his strong foundation in the sciences and engineering, but also in his ability to work well with our students to advance their understanding of physics,” she said. “Harford Community College and the STEM division truly are fortunate to be able to provide our students access to the STEM expertise of APG. The College and the Proving Ground partner in many ways, and one of the most valuable partnerships we have is the many scientists, engineers, and mathematicians who serve as adjunct faculty.”

Evangelos said teaching is an important part of his government job as well. On a day-to-day basis, he educates other engineers about software communications architecture, or SCA, which is a foundational architecture used in Software Defined Radios. He said standards exist to create common architecture for all defense contractors, which enables the army to save money, and achieve

more capabilities in the long run.

Evangelos is matrixed to the Joint Tactical Networking Center, or JTNC, under the Program Executive Office, Command, Control, Communications Tactical, or PEO C3T.

“In our division, we’re the keepers of the standards,” he said.

As far as teaching goes, he said he does it for the sense of accomplishment and because he hopes his enthusiasm for STEM-related subjects is infectious.

“When you have a difficult subject and you see a lightbulb of understanding cross their faces, there’s no substitute for that,” he said. “It’s not always like that, but I tell them your attitude will dictate your performance.”

While many of his students at HCC are students in medical fields, Evangelos says he’d like to “at least expose them to the possibility of engineering careers. Starting at CCBC, this fall, he’ll be teaching Calculus based Physics which is geared toward engineers and scientists.

“Teaching is knowledge,” he said, “coupled with enthusiasm and passion. It helps to be engaging, you have to like people, and you have to care. I care about STEM, I care about our Army, and I care about our country, and I want to see more engineers in America.”



CERDEC Engineer and adjunct professor James Evangelos sits with an apparatus used to establish Hooke’s Law, a principle of physics that states the force (F) needed to extend or compress a spring by some distance (X) is proportional to that distance, in his classroom at Harford Community College while contemplating next semester’s curriculum.



# Town hall highlights DCGS-A awards, priorities, achievements

Story and photo by **BOB DIMICHELE**  
DCGS-A

Priorities, achievements, and awards highlighted the town hall for the Product Manager for the Distributed Common Ground System-Army, or DCGS-A, Aug. 11.

Col. Robert Collins, Project Manager, reviewed and discussed the priorities of the Program Executive Officer for Intelligence, Electronic Warfare, and Sensors (PEO IEWS) as well as his own.

For example, the top priority for the PEO is that of supporting and equipping regionally aligned forces, the global response force, the Army Contingency Force and rotational forces. Collins related how a Central Command request to DCGS-A ties directly to that PEO priority. U.S. Central Command issued a “call forward” from U.S. Forces Afghanistan for the deployment, fielding, training and sustainment of DCGS-A Increment 1, Release 2. This fielding will include the 36th Infantry Division, 3d Cavalry Regiment, and the headquarters of the XVIIIth Airborne. Collins pointed out that the new equipment training for these units will have to take place in the combat zone and therefore be particularly challenging but said he was confident in the results. “We’ve got our ‘A’ team on this job,” he said. Over the shoulder training begins by the end of September and will run into December.

Collins also discussed the PEO’s priority for posturing programs for the future. He said that entails aligning programs for full spectrum operations and decisive action rather than simply focusing on the current counter insurgency operations. DCGS-A is designed for intelligence analysis and fusion through the full range of military operations. And, he emphasized cyber security as vital to all programs.

His priorities, of course, fall in line with those of the PEO. “The big focus right now is battalion level program of record fixes. We’ve got room for improvement at the battalion and below.” In terms of posturing programs for the future, he highlighted the Machine Foreign Language Development (MFLTS) program as having a significantly successful year. The project team deployed

MFLTS to the 10th Mountain Division for Operation Inherent Resolve, for example.

Lindsay Yowell, deputy project anager, provided an overview of the newly-renovated Ground Station Integration Facility, or GSIF, on Aberdeen Proving Ground. The GSIF replicates a tactical field environment which provides operational realism and system simulation for the intelligence portfolio of the PEO IEWS. It formally opened its doors in July as a collaborative effort between DCGS-A and the Communications-Electronics Research, Development and Engineering Center.

She also described some organizational changes for fiscal year 2017. The product team for DCGS-A Increment 1 will be re-named the Product Manager for Modernization, emphasizing the focus on bringing new upgrades and ease of use improvements to all Army echelons. Lt. Col. (P) Donald L. Burton, product manager, has been selected for Colonel, and Chris Addison leaves his role as Increment 1 deputy this fall to become the Product Manager Mid-tier Networking Vehicular Radios.

Maj. Derek Johnson received the Meritorious Service Medal for his achievements while serving as the Assistant Product Manager for Increment from August 2014 to August 2016 when he contributed significantly to Increment 2 successfully achieving a Material Development Decision and the Development Request for Proposal Release Decision. Johnson is departing the Product Team for Fort Bragg, North Carolina.

Greg Hartman earned the Commanders Award for Civilian Service from Collins for outstanding achievement as his System Engineering Division Chief where his leadership and technical acumen significantly contributed to the overall success of the DCGS-A Increment 1, Release 2’s follow-on operational test and evaluation.

Several other staff received recognition for their work accomplishments, volunteer efforts, and years of service.

Collins and Yowell ended the town hall by thanking the staff at Aberdeen Proving Ground and its satellite offices at Fort Hood, Texas, and Fort Belvoir, Virginia, for the hard work and dedication that goes into serving the Army’s Intelligence Community.

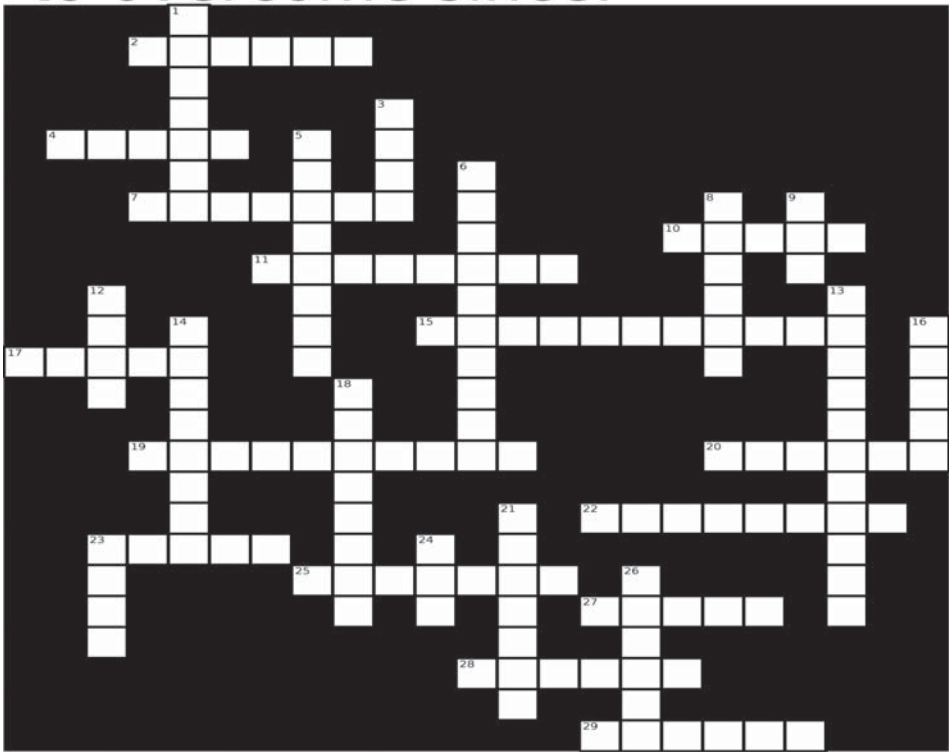
**“The big focus right now is battalion level program of record fixes. We’ve got room for improvement.”**

**Col. Robert Collins**  
Project Manager, Distributed Common Ground System - Army



Maj. Derek Johnson is presented the Meritorious Service Medal for exceptionally meritorious service while assigned as the Assistant Product Manager Increment 2 for the Project Manager, Distributed Common Ground System-Army, or PM DCGS-A, from Aug. 25, 2014 to Aug. 25, 2016 by Col. Robert Collins, project manager.

According to the citation, Johnson’s dedication to duty, professional leadership and selfless service contributed significantly to Increment II successfully achieving a Material Development Decision and the Development Request for Proposal Release Decision. His efforts will directly impact the future systems and capabilities of the military intelligence community.



## The APG Crossword

### Women’s Equality Day

On Aug. 26th 1920, after a long and arduous fight, women finally gained the right to vote. Now, 96 years later, the U.S. celebrates Women’s Equality Day to remember this gain and many other barriers women have been able to overcome since.

By **LAUREN FINNEGAN**, APG News

#### Across

- 2. The chemist Stephanie Kwolek invented this material which is five times stronger than steel.
- 4. This New York Congresswoman instituted Women’s Equality Day in 1971.
- 7. This women’s rights movement leader babysat Elizabeth

- Cady Stanton’s children so she could write her suffrage speeches.
- 10. This fictional woman was a part of one of the most successful recruitment tools in American history during World War II.
- 11. The first women’s right convention was held in this state.
- 15. Women were the first protest group in U.S. history to picket

- this Washington D.C. landmark.
- 17. The biological sign for females, the circle over a cross is believed to represent the hand mirror of this Roman Goddess.
- 19. This woman was on the \$20 bill from 1865 to 1869.
- 20. ----- Pathology is the only career field that pays men and women the same amount regardless of gender.
- 22. She was the first African-American woman in Congress.
- 23. The world’s first novel, titled “The Tale of -----,” was written by female Japanese author Murasaki Shikibu.
- 25. This female politician won a Grammy for Best Spoken Word Album.
- 27. This CEO and chairwoman of the General Motors Company was named Fortune Magazine’s Most Powerful Women in 2015.
- 28. The Defense Department cleared the way for women to serve in these type of military jobs in January 2016.
- 29. In 1901, this woman was the first person to go over Niagara Falls in a barrel.

#### Down

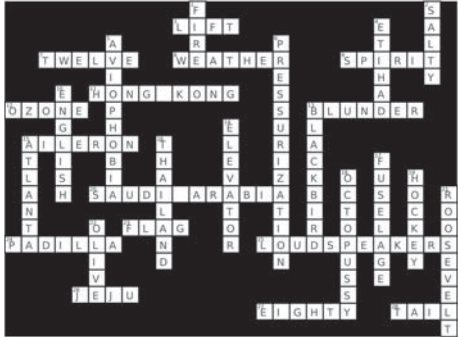
- 1. This famous actress’ mother was a well-known suffrage supporter.
- 3. Miss ----- is the first female superhero who debuted in 1941.
- 5. Many early suffrage supporters remained single because if they were married they could not own this.
- 6. Because of an extra X in women’s genetic structure, they are less likely to inherit this disease.
- 8. J.K. Rowling wrote her first

- ideas for Harry Potter on a napkin while on a train to this city.
- 9. Women on average live this many more years than men.
- 12. This woman scientist identified the genetic maker that was responsible for many inherited cancers, Chromosome 17.
- 13. This was the first country to grant women the right to vote.
- 14. According to a recent study, women have a stronger immune system due to this hormone.
- 16. International Women’s Day is held during this month.
- 18. She was the first woman to run for U.S. president in 1872.
- 21. This woman was the first U.S. Supreme Court Justice.
- 23. The closer a woman lives to the equator, the more likely that she will give birth to a baby of this gender.
- 24. The 19th amendment guaranteeing women the right to vote passed by this number of votes.
- 26. At age 17, she was the youngest Nobel Peace Prize winner.

*Think you solved last week’s puzzle?*

Check out the solution below

Solution to the August 18 puzzle





# Marching injuries avoidable with proper planning

Continued from Page B1

of both acute and overuse injuries. The injuries can cause a few days to weeks or months of limited physical activity or medical treatment and possible permanent disability.

Though training to fight will always be associated with some injury, the Army can train smarter.

- Foot march training was found to be five times more hazardous in terms of injury rates than regular physical training.

- Foot marching was reported as the second-leading cause (next to running) for training-related injuries in IET trainees and a non-deployed infantry unit.

- Ruck running may increase injury risk, so speeds should not exceed 3-4 mph.

- Performance has been optimized by training programs that include a mix of loaded foot marching; non-march upper-body resistance physical training; and aerobic training with intervals. Programs that do not include adequate non-marching activities to increase overall physical fitness may have higher injury rates.

- Training programs that increase the intensity (load weights) and/or distance (time) too quickly can increase injury risk. A general rule is to not exceed a 10 percent increase in intensity or distance on separate days weekly.

### Injuries of concern

Foot marching-related injuries can occur in almost any part of the body. Most injuries result from the repetitive stresses placed on the body's skin, bones, muscles and nerves. The vast majority occur in the back and lower-extremities, including the legs, knees, ankles and feet.

Environmental conditions can also contribute to injuries. For example, rough terrain and imbalanced loads can lead to acute sprains or fractures from slips, trips and falls. Heat stroke, heat exhaustion and heat cramps are a concern given the hydration needs of personnel wearing body armor and carrying heavy gear. Cold weather, altitude, insects and ani-

mals can also cause injuries.

Severe musculoskeletal injuries — such as ankle fractures or sprains from falls or stress fractures from overuse — can require substantial medical care and result in months of lost duty time or even medical discharge. Various injuries to the back and knee pain may become more noticeable over time, reoccur sporadically or possibly result in long-term chronic conditions.

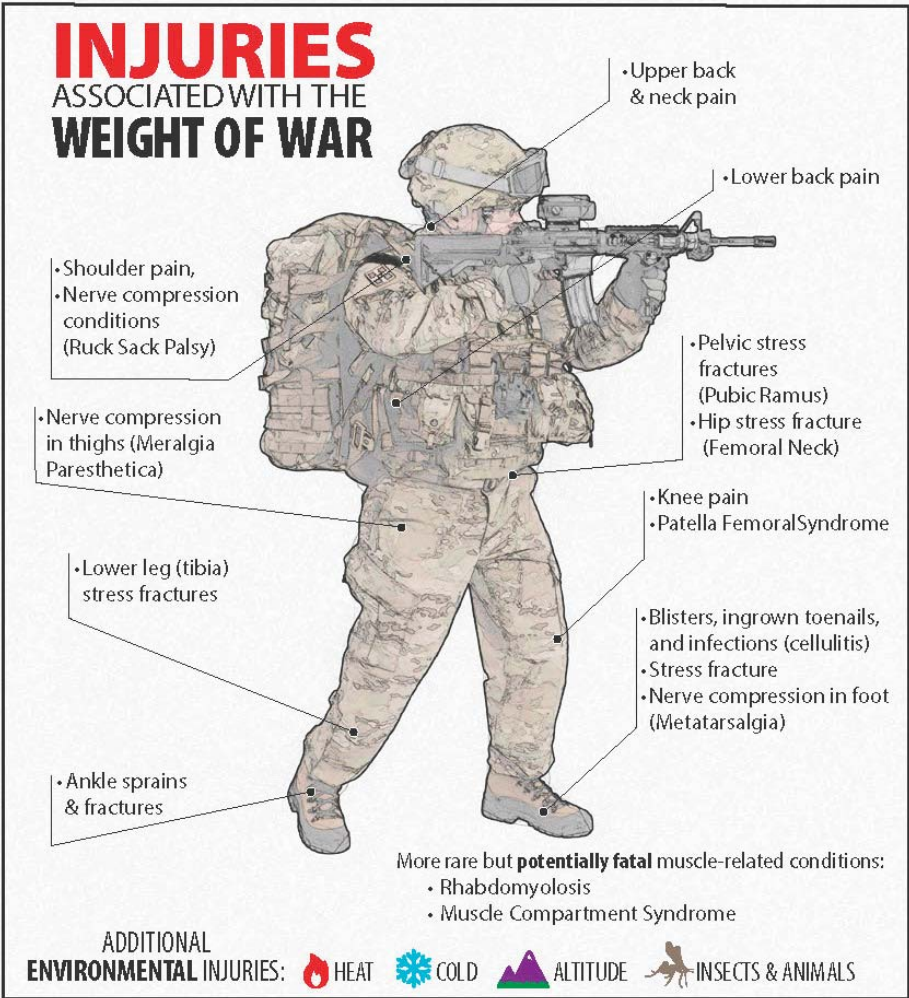
Even minor injuries such as blisters or foot numbness can become severe if not addressed in time. Some injuries, such as rucksack palsy, a specific shoulder nerve compression condition, are uniquely associated with ruck marching. Other overuse injuries may not be attributed to foot marching activities alone. For example, stress fractures of the hip, leg and foot and knee injuries may be exacerbated by running.

### What's the solution?

Unfortunately, technology alone cannot solve the age-old problem of overloading the foot soldier. In fact, over the last century — despite the weight reduction of some items — technological advances in individual protective equipment, munitions and communication systems have instead contributed to an increase in the average weight of carried loads. Other “heavy” supplies, especially water, simply cannot be replaced. The loads carried in recent operations in the Middle East have been reported to average more than 100 pounds.

Unit leaders should consider the following suggestions to both optimize performance and minimize injuries:

- Review injury risk factors and possible prevention tactics.
- Encourage Soldiers to modify individual factors within their control.
- Plan and document the unit's foot march training program purpose, necessary distance(s), equipment and weights, speed(s), terrain and environmental factors, and progression goals and dates for each training session.
- Ensure physical training regimens avoid consecutive days of intense lower



Foot marching-related injuries can occur in almost any part of the body, but the vast majority occur in the back and lower-extremities, including the legs, knees, ankles and feet. Most injuries result from the repetitive stresses placed on the body's skin, bones, muscles and nerves.

extremity training.

- Be aware of the unit's injury rates and the types of injuries experienced to adjust training regimens as needed.
- Consider coordinating with master fitness trainers or physical therapists to establish and plan a training program that is best suited for a specific unit.

### Train to fight smart

The Army's primary investment is in developing and maintaining Soldiers who are physically and mentally ready to fight our wars. Rigorous physical train-

ing is a necessary part of this investment, and with it there will be some injuries. However, many injuries are not an acceptable part of “doing business” — nor should they be a way to “weed out the weak.” Unit leaders should assess their foot march training programs and apply prevention measures to help minimize these injuries.

For additional information, visit the APHC Injury Prevention webpage at <http://phc.amedd.army.mil/topics/discond/ptsaip/Pages/default.aspx>.

# Prototype one step closer to full-rate production

Continued from Page B1

main processing center.”

Employing a wheeled capability saves valuable set up time and space inside the command post.

“The IPC-2 aligns intelligence processing with the Army's expeditionary command post goals,” said Mary Sawyer, DCGS-A Integrated Logistics Support Manager. “The analysts link their laptops into the server to build robust intelligence products to meet the commander's information requirements, including map products that show enemy or terrorist activities.”

CERDEC's Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance Prototype Integration Facility, or C4ISR PIF, is providing the engineering design and integration on the next version of IPC-2. The C4ISR PIF provides all-inclusive engineering solutions that result in low-rate initial production prototypes of emerging technologies in response to

warfighter needs.

The government-only collaboration between DCGS-A and the C4ISR PIF will extend to the Tobyhanna Army Depot, or TYAD, which will eventually conduct the shelter's full-rate production.

The current IPC-2 version has two networks, the Secret Internet Protocol Router Network, or SIPRNet, and the Joint Worldwide Intelligence Communications System, or JWICS. The new version will add the National Security Agency Network, or NSANet to provide commanders, at the BCT, Division, and Corps echelons with mobile servers, Wyman said.

“By providing the NSANet to IPC-2, we are reducing the time and space required to set up separate top secret servers in the command post tents,” Wyman said.

In addition to determining a space-saving configuration for the third server stack, DSGS-A requested the C4ISR PIF team to build and integrate a new Soldier workstation inside the shelter.

“The shelter will feature a one-person station, built to address ergonomic issues associated with Soldiers working in small spaces,” said Thomas Bowers, acting chief for CERDEC's Command, Power and Integration Directorate, or CP&ID, Prototype Integration & Testing Division.

C4ISR PIF engineers have been addressing multiple challenges that can arise from inserting complex technology into a small space, Bowers said.

“The PIF team listened to us, and came up with a functional workstation design,” Wyman said. “They have also developed creative solutions to address other critical requirements, such as weight and noise-level limits and ensuring the shelter contains appropriate levels of heating, cooling and fresh air for optimal system performance and Soldier safety.”

To help solve the fresh air requirement and address some of the weight issues, the PIF engineers reconfigured the existing power entry point.

Following an extensive heating and cooling and analysis, the C4ISR PIF installed a “smart” Improved Environmental Control Unit.

Once the C4ISR PIF completes the initial prototype in Fiscal Year 2017, it will assist DCGS-A to transition the full-rate production to TYAD.

“We continue to strengthen our partnership with TYAD to ensure our customers experience a seamless transition from prototype- to full-rate production,” Bowers said. “TYAD is staffed and equipped to produce the C4ISR technologies we create, and we believe that many of our C4ISR government customers will benefit from this government technology transition.”

The new version of IPC-2 will undergo a physicality and weight test in September, bringing it one step closer to providing expeditionary top secret intelligence data to command posts at nearly every echelon.



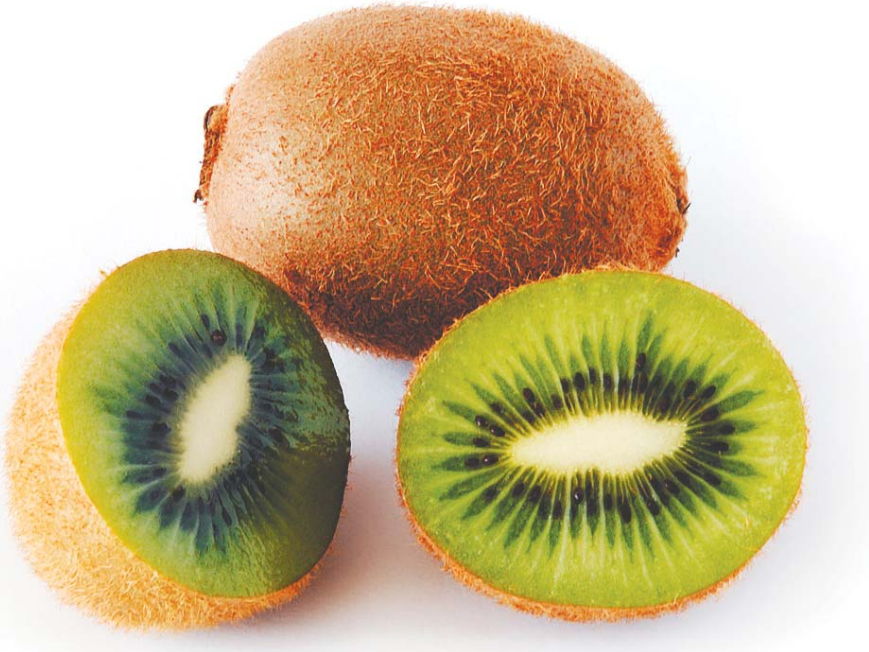
## DID YOU KNOW ?

### August is Get Acquainted with Kiwifruit Month.

While this funny-looking fuzzy fruit is often used as a garnish on fruit trays, frequent ingestion of what many consider one of nature's “perfect foods” has loads of benefits. Kiwifruit – commonly shortened to “kiwi” – is low in calories, high in energy and is an excellent source of antioxidants, according to [www.kiwifruit.org](http://www.kiwifruit.org).

The list of its other benefits goes on:

- Vitamin C: Each serving of kiwifruit has nearly two-and-one-half times the recommended daily allowance of vitamin C
- No fat: Kiwifruit is fat-free, an important consideration in today's healthy diets
- Fiber: Two kiwifruit contain more fiber than a bowl of bran cereal
- Potassium: A serving of kiwifruit has more potassium than one banana
- Antioxidants: Kiwifruit is an excellent source of antioxidants which reduce the risk of cancer, heart disease and stroke.
- Low glycemic index: With a glycemic index of 52, kiwifruit is a fat-free, low-carb fruit that's safe for diabetics and a smart part of any weight-loss diet.
- Magnesium: Two kiwifruit deliver 30 mg of magnesium, which improves nerve and muscle function while boosting energy levels.
- Lutein: Kiwifruit contains the phytochemical lutein, which works to prevent age-related blindness and protect eyes from various kinds of damage.
- Folate: One kiwifruit contains nearly 10 percent of the recommended daily value of folate
- Zinc: Kiwifruit's zinc content helps produce testosterone and supports healthy hair, skin, teeth and nails.
- Vitamin E: Kiwifruit is one of just a handful of fat-free sources of vitamin E, a powerful antioxidant that helps lower cholesterol and boost immunity.

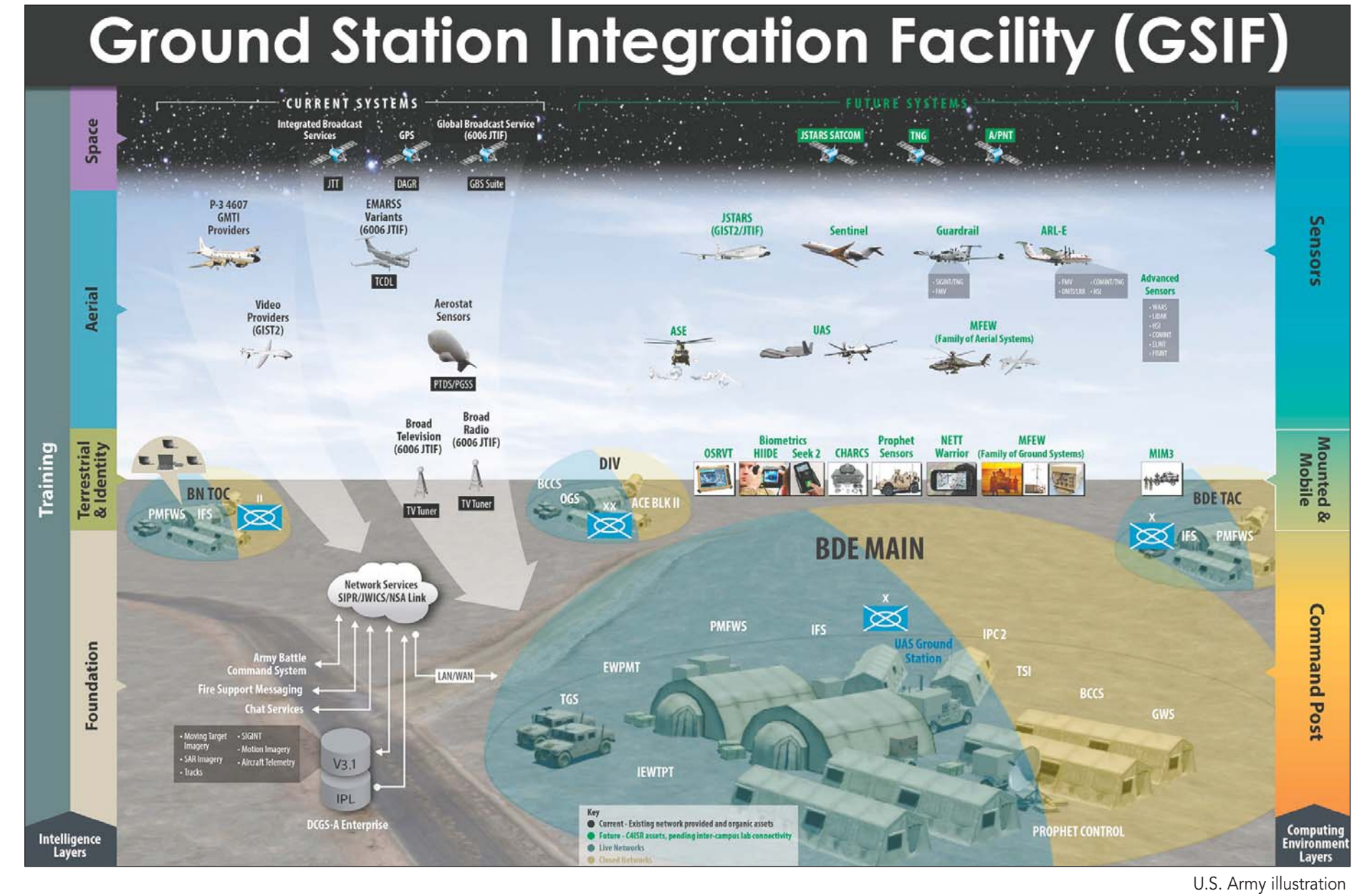


### ‘Sloop’ away

There's no “right” or “wrong” way to eat Kiwifruit. Kiwifruit.org combines the words ‘slicing’ and ‘scooping’ to call its recommended technique, “slooping.” Using a sharp knife, slice the kiwifruit lengthwise to create two identical halves. Then use a spoon to scoop the meat of the kiwifruit from each half. The skin of the kiwi, loaded with nutrients and fiber, is also edible.

By **YVONNE JOHNSON**, APG News  
<http://namastenutritionist.com/kiwi-fruit/>; <http://kiwifruit.org/>





U.S. Army illustration

*Renovated facility allows for interoperability, technical assessments*

An infographic depicts how the Ground Station Integration Facility, or GSIF, integrates current and future intelligence and computing environment layers. The GSIF creates a tactical field environment which provides operational realism and robust system simulation. It provides system engineers and subject matter experts the ability to conduct observation and control activities utilizing multiple echelons and classification domains for interoperability and technical assessments. These combined capabilities enable the GSIF to support programs with emerging sensor integration, developmental tests, field quality tests, and risk reduction in fielding systems.

A collaborative effort between the Product Manager for the Distributed Common Ground System and the Communications-Electronics Research, Development and Engineering Center.

The newly renovated GSIF on APG North (Aberdeen) formally opened its doors July 26.

Tips for avoiding electrical fires at home, storing 9-volts properly

*National Fire Protection Association*

Flipping a light switch. Plugging in a coffeemaker. Charging a laptop computer. These are second nature for most of us. Electricity makes our lives easier. However, we need to be cautious and keep safety in mind.

**Electrical safety tips**

- Have all electrical work done by a qualified electrician. When you are buying or remodeling a home, have it inspected by a qualified electrician.
- Only plug one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) into a receptacle outlet at a time.
- Major appliances (refrigerators, dryers, washers, stoves, air conditioners, etc.) should be plugged directly into a wall receptacle outlet. Extension cords or plug strips should not be used.
- Arc fault circuit interrupters (AFCIs) are a kind of circuit breaker that shuts off electricity when dangerous conditions occur. Consider having them installed in your home by a qualified electrician.
- Use ground fault circuit interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.
- Test ACFIs and GFCIs once a month to make sure they are working properly.
- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.
- Use light bulbs that match the recommended wattage on the lamp or fixture. There should be a sticker that indicates the maximum wattage light bulb to use.

**When to call for help**

Call a qualified electrician or your landlord if you have: frequent prob-

lems with blowing fuses or tripping circuit breakers; a tingling feeling when you touch an electrical appliance; discolored or warm wall outlets; a burning or rubbery smell coming from an appliance; flickering or dimming lights; or sparks coming from an outlet.

**Battery safety**

Nine-volt batteries power our smoke alarms, household items and toys. They can be found in most homes. But these batteries can be a fire hazard if not stored safely or disposed of with care. The positive and negative posts of a 9-volt batteries are close together; if a metal object touches the two posts it can cause a short circuit. This can make enough heat to start a fire.

- It is unsafe to store 9-volt batteries in a drawer near paper clips, coins, pens and other batteries. Do not store common household items such as steel wool, aluminum foil and keys near 9-volt batteries. If these items touch the two posts, there is greater risk of starting a fire.
- Weak batteries may have enough charge to cause a fire. Some fires have started in the trash when 9-volt batteries were thrown away with other metal items.
- Keep batteries in original packaging until you are ready to use them. If loose, keep the posts covered with masking, duct or electrical tape to prevent the posts from coming in contact with metal objects.
- Store 9-volt batteries standing up, away from somewhere they will be tossed around, and not with other batteries.
- 9-volt batteries should not be thrown away with other trash. Cover the positive and negative posts with masking, duct or electrical tape. Take them to a collection site for household hazardous waste to be on the safe side. Remember that some states do not allow any batteries to be disposed of with trash.

For more fire safety information, call the APG Fire Department at 410-306-0572, or visit [www.nfpa.org](http://www.nfpa.org).



Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); or OPM 630- B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or [sue.a.campbell8.civ@mail.mil](mailto:sue.a.campbell8.civ@mail.mil)

Employees eligible for donations in the Voluntary Leave Transfer Program

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| Bensch, David H.<br>Branscome, Teresa A.<br>Caprio-Smith, Christina<br>Cerqueira, Cheryl M.<br>Clapham, Ann M.<br>Clark, Lyra<br>Clemons, Bobby R.<br>Coleman-Jones, Nancy<br>Conley, Andrew<br>Crowder, Phillip N.<br>Dissek, Michael J.<br>Diveley, Roberta R.<br>Donlon, Jacqueline A.<br>Ellis, Gibson, Tanya J (T'Jae)<br>Freeney, Reygan<br>Gaddis, Lonnie<br>Gilley, Christopher M. | Glassman, Connie L.<br>Gostomski, Jody Lynn<br>Hairston, Olga M.<br>Humphries, Theresa<br>Jack, Andria B.<br>Jacobs, Rowena B.<br>King, Sharon M.<br>Knight, Jessica D.<br>Kougianos, Argiro<br>Kuciej, Andrea D.<br>Kyro, Kelly J.<br>Leonguerrero, Louise A.<br>Meadowcroft, Catherine G.<br>Meskill, Joseph F.<br>Ocampo, Suleida M.<br>Moss, Monique R.<br>Peduzzi, Jill L. | Puhalski, Kiyoko R.<br>Rahman, Tupa C.<br>Redman, Corinne L.<br>Rodriguez, Pedro<br>Ruff, Albert L.<br>Smith, Bridgette N.<br>Smothers, Sharon L.<br>Snodgrass, Deanne<br>Solomon, Je'Neane<br>Taliaferro, Trinia L.<br>Thompson, Curtis<br>Tisdale, Dorris A.<br>Trulson, David K.<br>Vaccaro, Dominic S.<br>Villanueva, Jenny |
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APGMWR  
**Movie Night**  
**RATCHET & CLANK**  
Free Movie

**September 9, 6pm, AA Recreation Center, Bldg. 3326**

Food and drinks for sale. Please do not bring your own food.  
For more information contact 410-278-4011/4907 or e-mail us at [usarmy.apg.incom.list.apgr-usag-mwr-leisuretravel@mail.mil](mailto:usarmy.apg.incom.list.apgr-usag-mwr-leisuretravel@mail.mil)